

Feed me / Change me



You'll soon be a pro at this, but for now, keeping track of feedings and diaper changes can get a little tricky! Use this handy chart to help take the guesswork out of the process. For each feeding, shade in the amount of time spent nursing on each breast or the number of millilitres under the hour when you started. To keep tabs on baby's pees and poops, tally up each wet or poopy diaper after each change in the space provided.

Date _____

Duration (left breast)

Duration (right breast)

Bottle feed (ml)

☀	7	8	9	10	11	12	1	2	3	4	5	🌙	7	8	9	10	11	12	1	2	3	4	5	Total		

Wet diapers _____ Dirty diapers _____

Date _____

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Duration (right breast)

Bottle feed (ml)

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