Mother-Baby Log

Time Begun	Time Ended	Mins. Sucking-Right	Mins. Sucking-Left	Audible Swallows	Output: BM's	Output: Urine
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						
11						
12.						

24 Hour Totals: Number of Feedings _____ Urine_____ BM's_____

Time Begun	Time Ended	Mins. Sucking-Right	Mins. Sucking-Left	Audible Swallows	Output: BM's	Output: Urine
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Tips for successful breast feeding:

1. Nurse frequently, at least 8-10 times in every 24 hours
2. Use correct positioning:
   A. Your back, shoulders, and arms are well supported
   B. Turn your baby so his entire body is facing you
   C. Hold your breast 2-3 inches behind the base of the nipple
   D. Move your breast slightly, gently stroking the baby's lips with your nipple. Wait for him to open his mouth widely.
   E. Quickly pull the baby onto your breast
3. Help your baby to latch-on to the breast correctly:
   A. His lips should be flanged, and his nose and chin should touch your breast
   B. His tongue should be over his lower gums
   C. The baby should take the entire nipple plus 1 inch of the breast into his mouth
   D. There should be movement in his ears and temples
   E. Sucking will be strong and painless if the baby is grasping the nipple properly
4. Your baby is getting enough to eat if he has at least 2 BM's and 5-6 wet diapers within every 24 hours. (Prior to day 5, number of wet diapers = number of days old.) You should hear swallows during most of the feeding. Your breasts should feel softer after feeding.
5. Growth spurts occur at approximately 2-3 weeks of age, 6 weeks, 3 months. Baby is more fussy, wants to nurse longer, and/or more frequently; nurses well & still acts hungry. Nurse baby on demand. This will last 2-3 days, then baby will settle down.
6. Important: Especially in the first few weeks, pacifiers and/or supplements interfere with the natural process or breastfeeding.

*Remember: Fussy times are part of normal newborn behavior