



Newborn Feeding and Diaper Log

Write down the amount of time that you:

- Spend with your baby skin to skin
- Do breast pumping or hand expression
- Breastfeed, or the amount in milliliters (ml) that you bottle feed your baby
- Change your baby's diaper, whether wet with urine or stool

Feed your baby every 2 to 3 hours if you are breastfeeding, or every 3 to 4 hours if bottle feeding.

Date	Start time	Skin to Skin minutes	Breast pumping or hand expression	Breastfeeding minutes of active sucking		Expressed breast milk bottle (ml baby ate)	Formula bottle (ml baby ate)	Diaper change		Nurse's notes
				Left breast	Right breast			Mark if urine	Mark if stool	

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