Diiwaanka Quudinta iyo Xafaayada Dhallaanka

Newborn Feeding and Diaper Log

THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

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 hours if bottle feeding.

Qor cadadka waqtiga aad:

- Ku qaadato inaad cunuguaaga jirkiina isasaarnaado.
- Sameyso caano dhalo ku guris ama caano gacan ugu soo saaris.
- Naasnuujiso ama cadadka milimitir (ml) ahaan ee aad dhalo ahaan ugu quudisid cunugaaga.
- Bedehso xafaayada cunugaaga, ama haku qooyanaato kaadi ama saxaro.

Quudisid cunugaaga 2 ilaa 3 saac kasta haddii aad naasnuujinesid ama 3 saac kasta haddii aad dhalo ku quudineysid.

Taariikhda Date	**Waqtiga bilowga** Start time	**Daqiiqadaha jirkiina isasaarnaado** Skin to skin minutes	**Caano dhalo ku guris ama caano gacan ugu soo saaris** Breast pumping or hand expression	**Daqiiqadaha naas nuujinta nuugis firfircoon** Breastfeeding minutes of active sucking		**Caanaha gacanta lagu soo saaro ee dhalada (ml ee cunugu cuney)** Expressed breast milk bottle (ml baby ate)	**Dhalada cunada (ml ilmaha cunay)** Formula bottle (ml baby ate)	**Bedelka xafaayad** Diaper change		**Qoraallada kalkaalisada** Nurse's notes
				Naaska bidixda Left breast	**Naaska midigta** Right breast			**Calaamadee haddii ay kaadi tahay** Mark if urine	**Calaamadee haddii ay saxaro tahay** Mark if stool	

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Haddii aad rabto nuqulo badan oo ka mid ah diiwaankan, fadlan booqo go.osu.edu/pted4692.

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Qoraalkan waxa loogu talagalay ujeeddooyin macluumaad oo keliya. La hadal daryeel bixiyahaaga caafimaadka haddii aad qabtid wax su'aalo ah oo ku saabsan daryeelkaaga.

This handout is for informational purposes only. Talk to your healthcare provider if you have any questions about your care.

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