

BURGEONING BUD

POSTPARTUM DOULA

Infant Feeding/Wet/Stool Chart

(adapted from *Breastfeeding Made Simple: Seven Natural Laws For Nursing Mothers*)

Directions:

1. During the first week or two after birth, while you and your baby are learning to feed, it is recommended that you keep track of two things: number of feedings (if breastfeeding, at least ten minutes total of wide jaw movements), wet diapers, and number of stools of at least the size of a U.S. quarter (2.5 cm).
2. Decide when you'd like to start your twenty-four hour day (anytime is fine) and write the Start Date and Start Time at the top of the column.
3. Make a tally mark for every feeding (if breastfeeding, at least 10 minutes of active suckling, one breast is fine)
4. Make a tally for every stool the size of a U.S. quarter (2.5 cm) or larger (start tracking this after your baby's stools have turned yellow, greenish, or tan).
5. Make a tally for every wet diaper changed.
6. Count your totals at the end of each twenty-four-hour period. Save to share details with your pediatrician and/or Lactation Consultant.

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| Start Date: | | Start Time: | |
|-------------|-------|-------------|--------|
| Date | Feeds | Wet Diapers | Stools |
| | | | |

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