

Mom \_\_\_\_\_  
 Baby \_\_\_\_\_  
 DOB \_\_\_\_\_ Time \_\_\_\_\_  
 Birthweight \_\_\_\_\_

# BREASTFEEDING RECORD



	DATE	6	7	8	9	10	11	noon	1	2	3	4	5	6	7	8	9	10	11	mid	1	2	3	4	5	#	#	#	
		am	am	am	am	am	am		pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	pm	night	am	am	am	am				am
1																													
		Generally: feed on demand ... some babies sleep long periods on the first day – take advantage by getting ahead on your own sleep																											
2																													
		Generally: baby likely to be fussy while waiting for milk to come in... keep feeding on demand at least 8x per day ... use nipple cream ... no soothers or formula																											
3																													
		Generally: feed on demand, wake a sleepy baby to feed minimally every 3hours; if jaundiced, sunbathe naked in window; possible urate crystals in diaper																											
4																													
		Generally: deal with very full breasts ... if engorged, pump or hand express to soften areola before feeds, use cold cabbage leaves after feeds																											
5																													
		Generally: watch for change in stool color to yellow, and increase in amount of urine																											
6																													
		Generally: baby much less fussy once getting creamy breastmilk																											
7																													
		Generally: gaining 30g (= 1 ounce) or more per day																											

BF	Breastfeed	<b>PLAN:</b>
EBM	Expressed Breast Milk	
F	Formula	
U	Urine	
S	Stool	



## Steps to ensure a good milk supply & healthy baby in the first weeks

1. Feed on demand
2. Unwrap, waken & feed a sleepy baby every 2 ½ to 3 hours
3. Pay attention to latch
  - a. Latch baby with a big, open mouth like a yawn
  - b. Relatch whenever a bad latch is noticed
  - c. Any discomfort should not last more than a minute
4. Encourage baby to be awake & vigorous at the breast
  - a. Feed skin to skin
  - b. Stimulate a sleepy baby – tickling, blowing, cold cloth
  - c. Use breast compressions if necessary  
[see video at [www.drjacknewman.com](http://www.drjacknewman.com)]
5. Exclusively breastfeed (NO water, tea, juice, formula, soothers or fingers)
6. Take good care of mom – eat and drink well, get as much rest as possible

## Normal newborn

- Temperature 36.5-37.5°C
  - Warm body, cool hands & feet
  - Pink --- blue/purple hands & feet in first day
- Breathing:
  - Irregular breathing pattern
  - 30-60 respirations per minute
  - Apnea up to 20 seconds
- Skin:
  - Jaundice/yellow **after** first 24 hours, not extending downwards past chest or into eyes
  - Newborn acne on face/body &/or milia (white spots on face)
- Input:
  - Feeding minimum 8x/day, vigorous sucking at least 20 mins
  - Occasional cluster feeding
- Output:
  - Urine: 1 for every day of life until milk comes in ... 4+ heavy diapers after milk comes in
  - Urate crystals (pink/orange color) in urine before milk comes in
  - Stool: Meconium in first few days ... transitional green ... breastmilk yellow, liquid or pasty
- Weight:
  - Weight loss up to 10% of birthweight
  - Regain of birthweight by 2-3 weeks
  - Average of 1 oz (30 g) per day once gaining