



Your Breast-feeding Diary



*Tracking Your Baby's Feedings *

Print off this sheet as often as you'd like to help you track your breast-feeding sessions.

Day	Time of Breast-feeding	Audible Swallowing		Which breast did you finish on? (start on that one next time)		How many minutes on each side did he/she feed?	Feeding Notes
		Yes	NO	Left	Right		
Monday	8:15 am - next feeding approx.	Yes	NO	Left	Right	10 minutes each	Had a little pain at the beginning, went away after a few minutes. Seemed fussy, maybe the broccoli I ate yesterday? Avoid it and see..
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		
		Yes	NO	Left	Right		

