

# Feeding Record

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## What cues will my baby demonstrate to indicate hunger?

- Thrusting tongue
- Licking lips
- Bringing hands to mouth
- Rooting

## How often should I expect to feed my baby?

- Birth to 24 hours: **at least 4-6 feedings** (1 urine & 1 stool).
- 24 hours - 48 hours: **at least 6-8 feedings** (2 urines & 2 stools).
- 48 hours - 3 days: **At least 8-12 feedings** (3 urines & 3 stools).

## What are the signs of a good feeding at the breast?

- Your baby's suckle should be slow and rhythmic with deep jaw movements
- For the first few days, it can be difficult to hear your baby swallow the thick colostrum, but your baby should look satisfied after a feeding at the breast.
- As your milk starts to come in, you should begin to hear your baby swallow regularly while breastfeeding.
- After the 4<sup>th</sup> day, your baby's diapers should increase with 3 or more soiled diapers and 6 or more heavy, wet diapers per day.
- Your baby's stool should begin to change from a sticky, tar-like, black color to a seedy, yellow color.
- Many babies lose 7%-10% of their birth weight during the first 2-4 days of life. As your milk comes in, your baby should start gaining weight.

Day 1						Day 2					
Feeds	Time	Right	Left	Stools	Urine	Feeds	Time	Right	Left	Stools	Urine
1				*	*	1				*	*
2				*		2				*	*
3						3					
4						4					
5						5					
6						6					
7						7					
8						8					

Day 3						Day 4					
Feeds	Time	Right	Left	Stools	Urine	Feeds	Time	Right	Left	Stools	Urine
1				*	*	1				*	*
2				*	*	2				*	*
3				*	*	3				*	*
4						4					*
5						5					
6						6					
7						7					
8						8					

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