

EDUCATION

Breastfeeding Guide and Diaper Diary



Allina Health

Your Baby

Name: _____

Date of birth: _____ Time: _____

Length: _____ in. Weight: _____ lbs. _____ oz.

Weight when leaving the hospital: _____ lbs. _____ oz.

Your baby's health care provider: _____

Your health care provider: _____

Your Baby's Growth

Date	Weight	Length	Comments

Birth to 12 Hours Old

Tips	<ul style="list-style-type: none">■ You have all the milk your baby needs.■ Skin-to-skin helps promote bonding between you and your baby.
Baby	<ul style="list-style-type: none">■ Your baby will be awake for a couple of hours after birth. This is a great time to get to know your baby and attempt the first feeding.■ Keep your baby skin-to-skin for the first hour after birth. You are encouraged to hold your baby skin-to-skin as often as possible in the hours and weeks to come.
Mom	<ul style="list-style-type: none">■ You may feel excited and tired.■ The best way to make more milk is to keep breastfeeding your baby.■ If there is a medical need to be separated from your baby, it is time to start expressing milk.
Milk	<ul style="list-style-type: none">■ During pregnancy, your body was getting ready to breastfeed.■ The first milk you produce is called colostrum. This is low in volume but packed with antibodies to protect your baby from diseases. Colostrum is thick and yellow. It is very high in protein and nutrients.■ Breastmilk has all the nutrition your baby needs.

<p>Special Note for Family and Friends</p>	<ul style="list-style-type: none"> ■ Baby needs to spend time with mom right now. ■ Mom will probably be tired after labor. Be sure they get time to rest. ■ Encourage visitors to visit at home or keep visits short.
<p>Questions to Ask Your Nurse</p>	<ul style="list-style-type: none"> ■ What do hunger cues look like? ■ Why should I wait to introduce a pacifier?

Further Reading

Ask your nurse for these education sheets:

- Rooming-in at the Hospital
- Cuddling Skin-to-skin With Your Baby
- Should You Give Your Breastfed Newborn a Pacifier?
- Should You Give Formula To Your Healthy Breastfed Newborn?

12 Hours Old to 24 Hours Old

Tips	<ul style="list-style-type: none">■ An awake baby is usually a hungry baby.■ Milk production is based on “demand and supply.” The more your baby nurses, the more milk your body will make.■ If you are having trouble getting started, ask for help. Your nurse may have you start pumping to get your milk for your baby.
Baby	<ul style="list-style-type: none">■ Your baby will spend a lot of time sleeping. Cuddling skin-to-skin may help wake your baby up.■ Rooming-in (keeping your baby with you in your room at all times) has been shown to get breastfeeding off to a good start.■ Your baby will usually feed 8 to 12 times every 24 hours. Offer feedings when your baby shows hunger cues. Your baby may not always wake up on their own to eat. You need to wake your baby every 2 to 3 hours.
Mom	<ul style="list-style-type: none">■ When you practice hand expressing breastmilk, you may be able to express drops of colostrum.■ Research shows that moms get better sleep with their babies in the room with them at all times, even overnight.■ Spend time getting to know your baby.

<p>Milk</p>	<ul style="list-style-type: none"> ■ Your body is producing the right amount of colostrum for your baby. ■ Feeding often will help increase the volume of milk you produce. ■ Colostrum helps: <ul style="list-style-type: none"> — protect your baby’s digestive system — prevent too much jaundice (yellowing of your baby’s skin, whites of the eyes and body) — your baby build a healthy immune system.
<p>Special Note for Family and Friends</p>	<ul style="list-style-type: none"> ■ Mom and baby are learning how to breastfeed. They need support and encouragement from family and friends. ■ Offer to help record feedings in this booklet.
<p>Questions to Ask Your Nurse</p>	<ul style="list-style-type: none"> ■ Why is keeping my baby with me overnight so important? ■ What are some nighttime feeding tips, especially for my baby’s second night? ■ What is a safe sleeping environment for my baby? ■ How do I hand express breastmilk?

Further Reading

Ask your nurse for these education sheets:

- Newborn Safety in the Hospital
- What to Eat While You Are Breastfeeding.



Breastfeeding and Diaper Diary: Birth to 24 Hours Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.)

Place a check in the box for each wet or soiled diaper. If your baby is not meeting the minimums, please tell your nurse.

Wet diaper and soiled diaper (expect one each by 24 hours)																				
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1 Day Old

Tips	<ul style="list-style-type: none">■ You may be getting ready to go home today. Be sure to have your nurse observe a feeding.■ Try different breastfeeding positions to find the ones you and your baby like.■ Make sure you get out of bed and try breastfeeding in a chair.■ Practice hand expressing your breastmilk today. You will probably get some milk to offer your baby.
Baby	<ul style="list-style-type: none">■ Circumcision and other procedures may make your baby sleepy.■ On your baby's second night, they will likely to be very alert and wanting to feed often.■ "Cluster" feeding is normal. It helps your milk come in faster. It also helps to create a milk supply that meets all your baby's needs for growing well in the days and weeks to come.■ As your milk comes in, your baby will start to have more wet and soiled diapers.
Mom	<ul style="list-style-type: none">■ Your breasts will grow or become firmer as your milk comes in.■ Extra fluids given during labor and delivery may make your breasts feel full or engorged.■ Your milk-making hormones are higher at night.

Milk	<ul style="list-style-type: none"> ■ Your milk is starting to change. — Your milk volume is increasing as your baby’s stomach can hold more. — The color of your milk is starting to look whiter.
Special Note for Family and Friends	<ul style="list-style-type: none"> ■ Rest and encouragement are really important in the first few days. Be there for mom and baby. ■ Waiting until the baby is 3 to 4 weeks old to use pacifiers and bottles has shown to increase breastfeeding success. ■ You can help mom by: <ul style="list-style-type: none"> — giving the baby a bath — burping the baby — diapering the baby.
Questions to Ask Your Nurse	<p>On pages 38 to 39, there are a list of questions to review with your nurse before leaving the hospital.</p>

Breastfeeding and Diaper Diary: 1 Day Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

2 Days Old

Tips	<ul style="list-style-type: none">■ You should feel gentle tugging at your nipples when your baby nurses.■ Breastfeeding should not be painful. Tell your nurse if it hurts to feed your baby.
Baby	<ul style="list-style-type: none">■ It is normal for your baby to lose weight in the first few days of life.■ As your milk supply increases, your baby will regain the weight they lost.
Mom	<ul style="list-style-type: none">■ Be sure to get a well-fitting nursing bra to support your growing breasts.■ Feeding often will help decrease engorgement.■ Rest and eating well-balanced meals are important to your recovery.
Milk	<ul style="list-style-type: none">■ Milk production is based on “demand and supply.” The more your baby nurses, the more milk your body will make.■ If your baby is acting hungry keep breastfeeding. This is how your body makes more milk.

**Special
Note for
Family and
Friends**

- Help mom get ready for feedings. Get her a healthful beverage, such as water.
- Offer to help mom with baby care, such as diaper changes and baths.
- New moms can sometimes become overwhelmed in the first few days. Offer your support. If she has any questions, she can use her pregnancy book *Beginnings: Pregnancy, Birth and Beyond*. This information is also online at allinahealth.org/ pregnancy. She can also call a lactation consultant (see page 41).

Breastfeeding and Diaper Diary: 2 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Place a check in the box for each wet or soiled diaper. Shaded areas show the minimum for each diaper in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Wet diaper																			
Soiled diaper																			

3 Days Old

Tips	<ul style="list-style-type: none">■ Call your health care provider right away if you have:<ul style="list-style-type: none">— pain while breastfeeding— any breast pain, such as red streaks, lumps or bumps that don't go away in 24 hours.■ Call your baby's health care provider or nurse if your baby:<ul style="list-style-type: none">— looks yellow (jaundice)— does not wake up for feedings— misses more than one feeding— does not have enough wet or soiled diapers for each day.■ Be sure to keep all your follow-up appointments after giving birth. These are important for you and your baby's health .
Baby	<ul style="list-style-type: none">■ Your baby should be waking up for feedings and giving you hunger cues when they are hungry.
Mom	<ul style="list-style-type: none">■ When your milk comes in you may start leaking breastmilk between feedings. Using disposable nursing bra pads to absorb the milk will help to keep you more comfortable. Be sure to change them often.

Milk	<ul style="list-style-type: none"> ■ Oxytocin is a hormone that helps milk flow. The moving of the milk is called “let-down.” ■ Your breasts may spray a little milk. It may happen while nursing your baby, hearing your baby cry, or even while you are in the shower. This is normal.
Special Note for Family and Friends	<ul style="list-style-type: none"> ■ Be sure to help mom get enough sleep. She will need to take naps and rest to recover from giving birth. ■ Partners: Your baby will love being held skin-to-skin. Hold your baby this way between feedings.

Breastfeeding and Diaper Diary: 3 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

4 Days Old

Tips	<ul style="list-style-type: none">■ Breastfeeding should not be painful.■ If you are having breast pain or sore nipples, call your health care provider.■ Your baby should appear satisfied after a feeding.■ Keep trying new feeding positions with your baby.
Baby	
Mom	<ul style="list-style-type: none">■ If your breast becomes firm between feedings, it may be hard for your baby to latch on. Try some hand expression to soften the breast before your next feeding.■ You should start to notice you breast becoming softer as you feed your baby.
Milk	<ul style="list-style-type: none">■ Your milk volume is increasing as your baby's stomach is growing.■ You may notice milk on your baby's tongue or lips after a feeding.
Special Note for Family and Friends	<ul style="list-style-type: none">■ It's normal for new moms to experience some "baby blues" in the first 7 to 14 days after delivery. She may feel emotional and tired.■ Continue to offer her your support. The first few weeks adjusting to parenthood can be overwhelming.

Breastfeeding and Diaper Diary: 4 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Place a check in the box for each wet or soiled diaper. Shaded areas show the minimum for each diaper in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Wet diaper																			
Soiled diaper																			

The First Few Weeks

Tips	<ul style="list-style-type: none">■ Your milk supply will depend on how often and how well your baby nurses.■ Remember to feed your baby often and express your milk when your baby isn't available to nurse.■ If your baby is having enough wet and soiled diapers for their age, then things are going well.
Baby	<ul style="list-style-type: none">■ Your baby will want to feed more often during growth spurts. They may seem unsatisfied after a feeding. Continue to offer your baby your breast. This will increase your milk supply.
Mom	<ul style="list-style-type: none">■ At times you may feel a little overwhelmed and tired. It's OK to ask for help.■ Talk about your feelings with family and friends.■ Make sure to go to your follow-up appointments.
Milk	<ul style="list-style-type: none">■ Your breastmilk changes every day. It is the perfect food for your baby.■ It may take a little work to get started breastfeeding, but keep going!■ With each day, expect breastfeeding to get easier. If you have questions or concerns, or feedings are not improving, please call your lactation consultant. (See page 41 for more information.)

**Special
Note for
Family and
Friends**

- If mom’s “baby blues” last longer than 2 weeks, be sure to call her health care provider. She may have postpartum depression. There is treatment and support available.

Breastfeeding and Diaper Diary: 5 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Breastfeeding and Diaper Diary: 6 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Breastfeeding and Diaper Diary: 7 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Place a check in the box for each wet or soiled diaper. Shaded areas show the minimum for each diaper in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Wet diaper																		
Soiled diaper																		

Breastfeeding and Diaper Diary: 8 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Place a check in the box for each wet or soiled diaper. Shaded areas show the minimum for each diaper in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Wet diaper																				
Soiled diaper																				

Breastfeeding and Diaper Diary: 9 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Place a check in the box for each wet or soiled diaper. Shaded areas show the minimum for each diaper in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Wet diaper																					
Soiled diaper																					

Breastfeeding and Diaper Diary: 10 Days Old

Time Started	Comments (Include length of feeding, side, and your baby's response. Also include if you pumped and the amount, or if you hand expressed milk.) Shaded areas show the minimum for each feeding in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.


Place a check in the box for each wet or soiled diaper. Shaded areas show the minimum for each diaper in 24 hours. If your baby is not meeting the minimums, call your baby's health care provider.

Wet diaper																			
Soiled diaper																			

Question to Ask Your Nurse

Before you leave the hospital, be sure to go over these questions, and any other you may have, with your nurse.

1. How do I know if my baby had a good feeding?
2. What does swallowing look and sound like?
3. What if my baby still shows hunger cues after a feeding?
4. Where do I get help with breastfeeding after leaving the hospital?
5. What are the signs that something might not be going well with breastfeeding?



6. How do I know if things are going well with breastfeeding?

7. What is “engorgement?”

8. What is jaundice and what symptoms do I look for?

When To Call Your Lactation Support Resource

Call your lactation support resource if you have any of the following:

- pain that lasts after initial latch-on
- nipples that are cracked, red, bleeding, bruised or blistered
- unsure if your baby is feeding effectively
- unsure if your breast are being drained well enough
- if you are using a nipple shield.

When To Call Your Baby's Health Care Provider

Call your baby's health care provider if your baby:

- has a change in their activity level (doesn't wake to feed or is too agitated to sleep)
- refuses to eat for more than two feedings
- is throwing up often or with force
- has more than 12 liquid stools a day
- fewer than four to six wet diapers a day (baby older than 3 days) or if your baby has no stool or pellet-like stools
- is sleepier than usual.

Breastfeeding Resources

- Allina Health Faribault Medical Center Birth Center
507-332-4743
- Allina Health United Hospital – Hastings Regina Campus
Lactation
651-404-1221
- Breastfeeding Resource Centers
 - The Mother Baby Center at Abbott Northwestern
and Children’s – Minneapolis: 612-863-4638
 - The Mother Baby Center at Mercy with Children’s
Minnesota: 763-236-7430
 - The Mother Baby Center at United and Children’s
Minnesota: 651-241-6250
- Buffalo Hospital Birth Center
763-684-7640
- Cambridge Medical Center Partners in Pregnancy Clinic
763-688-7725
- La Leche League (Minnesota)
612-922-4996
- New Ulm Medical Center Breastfeeding Support Group
507-217-5333
- Owatonna Hospital Birth Center
507-977-2455
- River Falls Area Hospital lactation resource
715-307-6319
- St. Francis Regional Medical Center Breastfeeding
Support Center
952-428-2064



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