Nestlé baby™

baby feeding chart

If you're breast-feeding, you may wonder whether your baby is getting enough to eat. Use this chart to record how long your baby breast-feeds and when he/she has a wet or dirty diaper. (Make additional photocopies for future use or print them online at http://www.nestle-baby.ca/en/mommytools/docs/feedingchart.pdf) Your doctor will want to know when your baby is feeding and his/her diapering habits, so take this chart with you for her 2-week checkup or first well-baby visit.

feedings*				diaper changes**	
		minutes per breast			
date	time	left	right	wet	dirty

* Average number of feedings: 8–12 per day ** Average number of wet diapers: 6–8 per day
** Average number of dirty diapers: 3–6 per day