



Burlington & Area Midwives

4332 New Street
Burlington, ON L7L 1T5
Phone: (905) 592-2905☐
Fax: (905) 592-2908
Pager: 1-877-606-3699
info@burlingtonmidwives.com

Baby's First Days

This log will help you keep track of your baby's feedings and diaper changes during those first busy days at home or hospital.

This record will help you decide if your baby is getting enough to drink. It will also be useful when your midwife visits. Please also read the Halton "Breastfeeding Your Baby" green booklet for some great information regarding successful breastfeeding.

CALL FOR HELP IF...

- ◆ Unable to get baby latched onto the breast
- ◆ Baby has dark green to black bowel movements after 5 days of age
- ◆ Baby is having less than 3 heavy wet diapers per 24 hours after Day 3
- ◆ Baby repeatedly falls asleep after nursing for only a few minutes
- ◆ Baby sleeps for 4 to 5 hours more than once a day
- ◆ If you have concerns about breastfeeding, know your midwives are available

Date	Time	Length of Feed		Urine	Stool	Stool Colour	Comment
		L Breast	R Breast				

