

Baby's Age

Date:



Baby Log



Write what you observe from your baby each day, and refer back to your lactation consultant
Cross out the lines as and when you change your baby's diapers

Urine Output

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Poop Output

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Any specific observations _____

Baby Behaviour (Tick all that apply)

1. Fussy beginning of feed
2. Fussy middle of feed
3. Fussy end of feed
4. Pull nipple and crying
5. Arch his/her back and crying
6. Reflux
7. Spit up
8. Refuse breast
9. Colic
10. Cluster feeding
11. Fussy in evening
12. Blocked nose
13. Sleep half way in feed
14. Not pooping daily
15. Sleeping less
16. Nipple pain
17. Grunting noise
18. Long feed at one breast or both

My diet today

(Breakfast, Lunch, Dinner & Snacks)

Mention stress levels, medication, health issues, mood, sleep

