

# Breastfeeding Diary



Start Time	End Time	Breast L   R		Wet Diapers	Poop Diapers
6:30	7:00	15	15	X	
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				
:	:				

## Tips for Better Breastfeeding

1. **Nose to nipple:** Align your baby's nose to your nipple and tilt her head back. As her chin presses into you, she should get a large mouthful of breast. Let her come to the breast instead of putting your breast up to her.
2. **Preempt your baby crying by looking for common hunger signs:** This may include her putting her hands or fists to her mouth, making sucking motion or looking for the breast.
3. **Get comfortable:** Making sure you are relaxed and in a comfortable position will start breastfeeding off on the right foot.
4. **Dress down:** Skin to skin contact will help the breastfeeding process along by providing warmth and comfort to your infant.
5. **Keep the lights dim for nighttime feedings:** This will allow you and your baby to stay relaxed so that you can more easily drift back to sleep after breastfeeding.
6. **How often and how long:** In the beginning of your baby's life, make sure to breastfeed at least 8-12 times every 24 hours to make plenty of milk for your baby. Once breastfeeding is under way, feedings should average 15-20 minutes per breast, but there is no set time.