

# Breastfeeding & Diaper Count Journal

| Breastfeeding Time | Minutes Left Side | Minutes Right Side | Supplement in milliliters (ml): Pumped Breastmilk or Formula per mother's request | Skin-to-Skin Time | Skin-to-Skin Minutes | Diapers Time | Wet | Poopy | Spit-Up |
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Breastfeeding Time \_\_\_\_\_ Skin-to-Skin Time \_\_\_\_\_ Diapers Total \_\_\_\_\_

Please record "0" if baby tried but did not feed.

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| Breastfeeding Time | Minutes Left Side | Minutes Right Side | Supplement in milliliters (ml): Pumped Breastmilk or Formula per mother's request | Skin-to-Skin Time | Skin-to-Skin Minutes | Diapers Time | Wet | Poopy | Spit-Up |
|--------------------|-------------------|--------------------|---|-------------------|----------------------|--------------|-----|-------|---------|
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Breastfeeding Time \_\_\_\_\_ Skin-to-Skin Time \_\_\_\_\_ Diapers Total \_\_\_\_\_

Please record "0" if baby tried but did not feed.