

## First Week Daily Breastfeeding Record

**Birth Date:** \_\_\_\_\_ **Birth Weight:** \_\_\_\_\_ lbs. \_\_\_\_\_ oz.

**Time:** \_\_\_\_\_ am or pm **Discharge Weight:** \_\_\_\_\_ lbs. \_\_\_\_\_ oz.

**1<sup>st</sup> Weight at Pediatrician:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**\*2<sup>nd</sup> Weight at Pediatrician:** \_\_\_\_\_ **Date:** \_\_\_\_\_

(\* if infant is not back to birth weight by 14 days call for help)

LOG	Day 3	Day 4	*Day 5 (have you seen your Pediatrician yet?)	Day 6	Day 7
<b>Feedings</b>	1 2 3 4 5 6 7 8 9 10  Goal 6-8 feeds	1 2 3 4 5 6 7 8 9 10  Goal 8 feeds	1 2 3 4 5 6 7 8 9 10  Goal 8-12 feeds	1 2 3 4 5 6 7 8 9 10  Goal 8-12 feeds	1 2 3 4 5 6 7 8 9 10  Goal 8-12 feeds
<b>Wet Diapers</b>	W W W	W W W W	W W W W W	W W W W W W	W W W W W W  More is ok!
<b>Soiled Diapers</b>	S S  Dark brown/green	S S S  Green to yellow	S S S  Yellow	S S S or more  Yellow	S S S or more  Yellow

### Is Breastfeeding Going Well? \*\*

*To know that breastfeeding is going well, answer these questions*

*when the baby is 5 - 7 days old.*

**If you have answered NO to any of these questions, there may be some problems with feeding. Please call your pediatrician and/or a Lactation Consultant. (see other side)**

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| <p>1. Is the baby having <b>several bowel movements in 24 hours</b> that are mustard yellow with curds in them? ("poop you can scoop", not just a smear) Yes or No</p> <p>2. Is the baby <b>wetting 6-8 diapers in 24 hours?</b> Yes or No</p> <p>3. Do the <b>breasts feel full before feeding and softer after feeding?</b> Yes or No</p> <p>4. If the mother had initial <b>nipple soreness</b>, is this <b>resolved?</b> Yes or No</p> <p>5. Do you <b>hear swallowing</b> when the baby is breastfeeding? Yes or No</p> | <p>6. Is the baby <b>eating at least 8 times in 24 hours?</b> Yes or No</p> <p>7. Does the baby seem <b>satisfied after a feeding?</b> Yes or No</p> <p>8. Are there any <b>sore, tender, or red and firm areas</b> in either breast? Yes or No</p> <p>9. Has the baby started <b>gaining 1/2 - 1 ounce per day?</b> Yes or No</p> |
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\*\* from:

<http://newborns.stanford.edu/Breastfeeding/FeedingChecklist.html>





## Community Resources for Breastfeeding

You may have gotten off to a great start breastfeeding in the hospital and now find yourself experiencing some challenges. Or, you may have started out with some challenges. Either way, below you will find the name and phone numbers of resources and professionals in your community who can help. Call with any breastfeeding questions or concerns.

**Chester County Hospital Maternity Floor** 610-431-5350

**Lactation Consultants** 610-738-2582

Michele Quigley, RN, BSN, IBCLC  
Robin Frees, BA, CHt, IBCLC  
Elizabeth Loeper, RNC, MSN, IBCLC  
Amy Siegrist, BS, IBCLC

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***The list below is provided as a basic resource to you. The Chester County Hospital does not endorse, nor is it responsible for any of the services provided by these practitioners.***

**Support Groups:** *Trained counselors offer free breastfeeding assistance by phone or meetings*  
Nursing Mothers Alliance ([www.nursingmothersalliance.org](http://www.nursingmothersalliance.org)) 610-251-9405  
La Leche League ([www.lalecheleague.org](http://www.lalecheleague.org)) Shelly: 610-344-7433

**Well-Baby Visits & Lactation Visits:** *Check with your insurance to see if visits are covered*  
Neighborhood Health Agencies: Germaine Weaver, RN, IBCLC 610-696-6511

### **Pump Rentals and/or Sales**

Birthmark, Jackie Kelleher, Media and Newtown Square 610-892-5051  
Dana Ehman (offers free delivery to CCH, [www.motherisborn.com](http://www.motherisborn.com)) 610-299-1038  
Nursing Mothers Supplies, Devon ([nursingmothersupplies.com](http://nursingmothersupplies.com)) 610-254-8300  
Medical Home Care, West Chester 610-692-0304  
Amy Siegrist, IBCLC, King of Prussia 484-919-1027  
Tracy Stadter, RN, IBCLC, Newark, DE (Ameda and Medela pumps) 302-235-5678  
WellBorn Baby, King of Prussia ([www.wellbornbaby.com](http://www.wellbornbaby.com)) 610-551-9398  
Ameda (<http://ameda.com/where/>)  
Medela (<http://medela.findlocation.com/>)

### **Lactation Consultants in the Community:** *may also rent/sell pumps ([ilca.org](http://ilca.org) click find an LC)*

Suzanne Barton, IBCLC, Kennett Square 610-444-4073  
Karin Disanto, IBCLC, Wilmington, DE 302-478-8854  
Robin Frees, BA, CHt, IBCLC, Malvern ([www.newbornconcepts.com](http://www.newbornconcepts.com)) 610-644-1379  
Angela Leonard, IBCLC, West Chester ([www.agentlestart.com](http://www.agentlestart.com)) 610-399-3535  
Liz Loeper, IBCLC, West Chester (summers only) 610-873-4809  
Dana Ehman, BA, IBCLC West Chester 610-299-1038  
Lisa Mandell, IBCLC, Havertown 610-517-9552  
Amy Siegrist, IBCLC, King of Prussia 484-919-1027  
Tracy Stadter, RN, IBCLC, Newark, DE 302-235-5678

**WIC (Women, Infants and Children)** eligibility based on income  
Provides breastfeeding support, education and pumps 610-344-6240

**Websites:** [breastfeeding.com](http://breastfeeding.com), [kellymom.com](http://kellymom.com), [mobimotherhood.org](http://mobimotherhood.org), [bestforbabes.org](http://bestforbabes.org)  
[womenshealth.gov/breastfeeding/](http://womenshealth.gov/breastfeeding/)