

Breastfeeding log

BABY NAME

DATE

CAREGIVER

WHY ARE WE TRACKING?

Use briefly to remember, describe a pattern, or prepare for skilled feeding support.

Feeding record

Start	First side	Left min	Right min	Swallowing	Comfort	Notes

IMPORTANT

A timer cannot measure milk transfer. If feeding hurts or you are worried about swallowing, nappies, alertness or weight, ask for skilled help.