FEEDING LOG

Scan for a Triple Feeding YouTube video

DATE	Who initiated the feeding? Baby or Mom	1. BREASTFEED If no latch → go to steps 2 & 3. Limit nursing to 20-30 minutes while triple feeding. LEFT	RIGHT	BEHAVIOR AFTER NURSING	2. If you SUPPLEMENT milk pumped most recently in past 24 hrs	stored milk, donor milk or formula fed to baby	3. you must PUMP pumped LEFT	pumped RIGHT	WETS / STOOLS
8	am (B) pm	MIN: 20 Refused (Shield) Swallows: (Y) N	MIN: (Refused) Shield Swallows: Y N	sleepy, hungry	35 ml (30grams = 30cc= 30mls = 1 ounce.)	2 oz (Freshly pumped milk is OK at room temp for 4-6 hours.)	45ml	35ml	1 / 1 Yellow
	am pm	MIN: Refused Shield Swallows: Y N	MIN: Refused Shield Swallows: Y N						/
	am pm	MIN: Refused Shield Swallows: Y N	MIN: Refused Shield Swallows: Y N						/
	am pm	MIN: Refused Shield Swallows: Y N	MIN: Refused Shield Swallows: Y N						/
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	am pm	MIN: Refused Shield Swallows: Y N	MIN: Refused Shield Swallows: Y N						/
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	am pm	MIN: Refused Shield Swallows: Y N	MIN: Refused Shield Swallows: Y N						/
Nursing sessions in 24hrs:			24 hr totals:		Fresh:	Stored, Donor, Formula:	Pumped L:	Pumped R:	/

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	am pm	MIN: Refused Shield Swallows: Y N	MIN: Refused Shield Swallows: Y N						/
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