

Week 1

WEDNESDAY

DATE _____

FEEDING FACTOID

Colostrum, the golden-colored milk you produce for the first few days, contains nearly three times as much protein as mature milk. It's lower in fat, sugar, and calories, and contains several antibody-containing proteins that aren't found in mature milk to protect your newborn against infection.

FEEDING	TIME	TIME BETWEEN FEEDINGS	MINUTES PER BREAST		AMOUNT SUPPLEMENTED	AMOUNT PUMPED
#1			R	L	cc	cc
#2			R	L	cc	cc
#3			R	L	cc	cc
#4			R	L	cc	cc
#5			R	L	cc	cc
#6			R	L	cc	cc
#7			R	L	cc	cc
#8			R	L	cc	cc
#9			R	L	cc	cc
#10			R	L	cc	cc
#11			R	L	cc	cc
#12			R	L	cc	cc
#13			R	L	cc	cc
#14			R	L	cc	cc

MOM'S CORNER

DIAPER TALLY

Wet Dirty

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BABY JOURNAL
