

## Week 7

SUNDAY

DATE \_\_\_\_\_

### BREASTFEEDING TIP

*Supplementing with formula isn't a good strategy for a mom with questionable milk supply. If supplement is used, the baby demands less milk, which diminishes mom's supply, exactly the opposite of what is needed.*

FEEDING	TIME	TIME BET. FEEDINGS	MIN. PER BREAST	AMT. SUPP.	AMT. PUMPED	TOTAL WAKE TIME	TIME TO SLEEP	LENGTH OF SLEEP
#1			R L	oz	oz			
#2			R L	oz	oz			
#3			R L	oz	oz			
#4			R L	oz	oz			
#5			R L	oz	oz			
#6			R L	oz	oz			
#7			R L	oz	oz			
#8			R L	oz	oz			
#9			R L	oz	oz			
#10			R L	oz	oz			

### MOM'S CORNER

Exercise: \_\_\_\_\_ minutes.

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

"Me" and "Us" Time

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Food Notes

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### BABY SLEEP NOTES

Longest Sleep Stretch \_\_\_\_ # Naps \_\_\_\_

Morning Wake Time \_\_\_\_\_

Bedtime \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

### BABY JOURNAL

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