Hānau Doula
Supporting Families Through Birth & Beyond

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Tracking Baby's Ins and Outs

Date	Time	Poop	Pee	Feeding minutes or amount	Pumping time and amount	Notes & Questions
8/15	10:00a	x		20 minutes		R-nipple is tender. Ask Dr. about baby gas.
	12:00p		x	30ml bottle	20 mins - 15ml	Ask lactation about pumping routine.

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