



Jasmine Buchanan RNBN, IBCLC

403-879-8747



Name: _____ Date: _____

Feeds: 8-16 feeds in 24hrs. Cluster feeding is normal, temporary and usually during the night.

Wet Diapers: Dark orange or rusty/brick dust urine can be normal before 72hrs only, not after.

Stool Diapers: Should be at least the size of baby's palm.

0 hrs - 24 hrs	≥ 1 small wet, ≥ 1 black, thick stool
24 hrs - 48 hrs	≥ 2 small wet, ≥ 1 black thick stool
48 hrs - 72 hrs	≥ 3 wet, ≥ 3 black, brown or green-yellow stool
3 days - 5 days	≥ 4 wet, ≥ 3- 4 black, brown or green-yellow stool
6 days - 7 days	≥ 6 wet, ≥ 4 yellow seedy stools, no longer black

Some variations of amount and colours are expected.

Mommy:

Painful nursing
Damaged nipples
Blocked ducts
Engorgement or mastitis
Over supply
Low supply
Nursing multiples
Stressed with feedings
Medications or surgery
Help with pumping

Baby:

- Latching difficulties
 - Tongue tie
 - Lip tie
- Preterm baby
- Jaundice
- Slow weight gain
- Fast weight gain
- Excessive spitting up
- Gassy or fussy
- Refusal to latch





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 www.mommyknowsbreast.ca

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 **mommyknowsbreastlactation**

Name: _____ Date: _____

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