In the early days of parenthood, it can be difficult to remember when your baby has breastfed, fed, pooped or pee'd. While you are still having your home visits by your midwifery care team, we use this important information to determine your babys ability to effectively transfer milk and thrive. There are many apps and charts available online but some find it easier to write it down. If you have a hard time remembering (like at 3am)!, please use the chart below and feel free to write down your questions.

DATE	TIME	BREAS' (CIRCLE BI	TFED REAST)	HOW LONG	POOP •	PEE •	OTHER/QUESTIONS:
		R	L				
		R	L				
		R	L				
		R	L				
		R	L				
		R	L				
		R	L				
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		R	L				
		R	L				
		R	L				
		R	L				
		R	L				
		R	L				