## Breastfeeding Diary

<table>
<thead>
<tr>
<th>Start Time</th>
<th>End Time</th>
<th>Breast</th>
<th>Wet Diapers</th>
<th>Poop Diapers</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30</td>
<td>7:00</td>
<td>15</td>
<td>15</td>
<td>X</td>
</tr>
</tbody>
</table>

### Tips for Better Breastfeeding

1. **Nose to nipple:** Align your baby’s nose to your nipple and tilt her head back. As her chin presses into you, she should get a large mouthful of breast. Let her come to the breast instead of putting your breast up to her.

2. **Preempt your baby crying by looking for common hunger signs:** This may include her putting her hands or fists to her mouth, making sucking motion or looking for the breast.

3. **Get comfortable:** Making sure you are relaxed and in a comfortable position will start breastfeeding off on the right foot.

4. **Dress down:** Skin to skin contact will help the breastfeeding process along by providing warmth and comfort to your infant.

5. **Keep the lights dim for nighttime feedings:** This will allow you and your baby to stay relaxed so that you can more easily drift back to sleep after breastfeeding.

6. **How often and how long:** In the beginning of your baby’s life, make sure to breastfeed at least 8-12 times every 24 hours to make plenty of milk for your baby. Once breastfeeding is under way, feedings should average 15-20 minutes per breast, but there is no set time.