Mama Llama Lactation

Infant Feeding Tracking Sheet

In the early days following the birth of your little one, amidst the exhaustion, it is hard to keep track of when your baby's last feed was, how many pees and poos your baby has had, and well.. just everything!

Use the chart below to help you keep track, as your baby's nurses and other health care providers will ask how frequently your baby is feeding, as well as what your baby's output has been like. Output is a great indicator of intake, so you can use this sheet to continue tracking information once you are home from the hospital to ensure your baby has enough intake!

Date	Time	Right	Left	Urine	Stool	Breastmilk/ Formula	Pumping	Other