

Aeroflow Breastpumps

Diaper and Feeding Log

Keeping track of the number of feedings and diapers your baby has during the first few weeks is a great way to tell if your baby is getting plenty of milk, and you can share this with your baby's health care provider and lactation consultant as well.¹

DAILY LOG	
TODAY'S DATE:	BABY'S AGE:
Feedings	
Time Fed (type time):	Minutes (type minutes):
Diapers	
Time Changed (type time):	Wet or Dirty (circle):
	Wet Dirty Wet Dirty Wet Dirty Wet Dirty Wet Dirty Wet Dirty

What If I Have Questions?

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Birth & Breastfeeding
- Ultimate Breastfeeding Prep

To register for these classes, log into your portal or click [here](#).

Want More Info?

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

References:

1. <https://pubmed.ncbi.nlm.nih.gov/30457366/>