



## A diary of pees and poos taken from “The importance of Dads and Grandmas to the Breastfeeding Mother” Dr Wendy Jones (Praeclarus Press 2017)

### **Day of Birth - goal to breastfeed at least 8-12 times but many more possible**

*circle the hour when your baby breastfeeds*

midnight 1 2 3 4 5 7 8 9 10 11

midday 1 2 3 4 5 7 8 9 10 11

tick the W each time your baby has a wet nappy

wet nappies      W

tick the P each time your baby has a dirty nappy

dirty diapers      P

### **Day 4 - goal to breastfeed at least 8-12 times but many more possible**

*circle the hour when your baby breastfeeds*

midnight    1 2 3 4 5 7 8 9 10 11

midday      1 2 3 4 5 7 8 9 10 11

tick the W each time your baby has a wet nappy

wet nappies W      W      W      W

tick the P each time your baby has a dirty diaper (expect 4+)

dirty diaper P      P      P      P

### **Day 2 - goal to breastfeed at least 8-12 times but many more possible**

*circle the hour when your baby breastfeeds*

midnight 1 2 3 4 5 7 8 9 10 11

midday 1 2 3 4 5 7 8 9 10 11

tick the W each time your baby has a wet nappy

wet nappies      W      W

tick the P each time your baby has a dirty diaper (expect 2+)

dirty diapers      P      P

### **Day 5 - goal to breastfeed at least 8-12 times but many more possible**

*circle the hour when your baby breastfeeds*

midnight    1 2 3 4 5 7 8 9 10 11

midday      1 2 3 4 5 7 8 9 10 11

tick the W each time your baby has a wet nappy

wet nappies W      W      W      W      W

tick the P each time your baby has a dirty diaper (expect 5+)

dirty diaper P      P      P      P      P

### **Day 3 - goal to breastfeed at least 8-12 times but many more possible**

*circle the hour when your baby breastfeeds*

midnight 1 2 3 4 5 7 8 9 10 11

midday 1 2 3 4 5 7 8 9 10 11

tick the W each time your baby has a wet nappy

wet nappies      W      W      W

tick the P each time your baby has a dirty diaper (expect 3+)

dirty diapers      P      P      P

### **Day 6 - goal to breastfeed at least 8-12 times but many more possible**

*circle the hour when your baby breastfeeds*

midnight    1 2 3 4 5 7 8 9 10 11

midday      1 2 3 4 5 7 8 9 10 11

tick the W each time your baby has a wet nappy

wet nappies W      W      W      W      W      W

tick the P each time your baby has a dirty diaper (expect 6+)

dirty diaper: P      P      P      P      P      P