

BREASTFEEDING LOG for TERM BABIES

Put a check mark under each hour that your baby feeds, or has a wet diaper or a bowel movement (poo).

Date and time of your baby's birth:

Fill in the hour closest to your baby's birth in the first square. Fill in the rest of the hrs.										
1 st 24 hours 5-7 ml or 1 tsp. per feed _*	8-12 Feedings; if no latch, give colostrum every 2-3 hours									
	Amt of colostrum given									
	Amt. of colostrum expressed									
2 nd 24 hours 10-15 ml or 2-3 tsp. per feed _*	Pee - 1									
	Poo - 1-2 black/dark green									
	8-12 Feedings; if no latch, give colostrum every 2-3 hours									
3 rd 24 hours 22-27 ml or 1 1/2-2 tbsp. per feed _*	Amt of colostrum given									
	Amt. of colostrum pumped									
	Pee - 2									
4 th 24 hours 30-45 ml or 2-3 tbsp. per feed _*	Poo - 1-2 black/dark green									
	8-12 Feedings; if no latch, give colostrum/EBM every 2-3 hours									
	Amt of colostrum given									
5 th and 6 th 24 hours 45-60 ml or 3-4 tbsp. per feed _*	Amt. of colostrum pumped									
	Pee - 3, heavier									
	Poo - 3 green, brown or yellow									
6 th 24 hours or 3-4 per feed _*	8-12 Feedings; if no latch, give colostrum/EBM every 2-3 hours									
	Amt of colostrum given									
	Amt. of colostrum pumped									
7 th 24 hours or 3-4 per feed _*	Pee - 4 heavy									
	Poo - 3 green, brown or yellow									
	8-12 Feedings; if no latch, give colostrum/EBM every 2-3 hours									
8 th 24 hours or 3-4 per feed _*	Amt of colostrum given									
	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
9 th 24 hours or 3-4 per feed _*	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
	Amt. of colostrum pumped									
10 th 24 hours or 3-4 per feed _*	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
11 th 24 hours or 3-4 per feed _*	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
12 th 24 hours or 3-4 per feed _*	Amt of colostrum given									
	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
13 th 24 hours or 3-4 per feed _*	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
	Amt. of colostrum pumped									
14 th 24 hours or 3-4 per feed _*	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
15 th 24 hours or 3-4 per feed _*	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
16 th 24 hours or 3-4 per feed _*	Amt of colostrum given									
	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
17 th 24 hours or 3-4 per feed _*	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
	Amt. of colostrum pumped									
18 th 24 hours or 3-4 per feed _*	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
19 th 24 hours or 3-4 per feed _*	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
20 th 24 hours or 3-4 per feed _*	Amt of colostrum given									
	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
21 st 24 hours or 3-4 per feed _*	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
	Amt. of colostrum pumped									
22 nd 24 hours or 3-4 per feed _*	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
23 rd 24 hours or 3-4 per feed _*	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
24 th 24 hours or 3-4 per feed _*	Amt of colostrum given									
	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
25 th 24 hours or 3-4 per feed _*	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
	Amt. of colostrum pumped									
26 th 24 hours or 3-4 per feed _*	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
27 th 24 hours or 3-4 per feed _*	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
28 th 24 hours or 3-4 per feed _*	Amt of colostrum given									
	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
29 th 24 hours or 3-4 per feed _*	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
	Amt. of colostrum pumped									
30 th 24 hours or 3-4 per feed _*	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									
	Amt of colostrum given									
31 st 24 hours or 3-4 per feed _*	Amt. of colostrum pumped									
	Pee - at least 6 heavy									
	Poo - 3 seedy yellow loose									

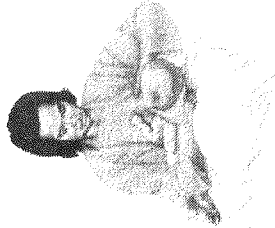
Your baby may cluster feed at around 18 - 24 hours of age and also for several hours at night for the first few nights. Rest during the day when you can.

HOW TO BREASTFEED

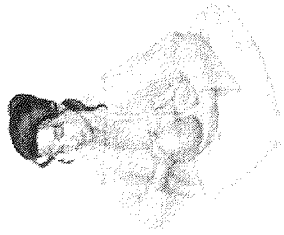
Get Ready:

1. Get yourself comfortable and hold your baby upright on your chest, skin to skin
2. Watch for feeding cues. *Rapid eye movements under the eyelids, moves hand to opens mouth and turns head, sucking movements, small sounds.*
3. Your baby will show feeding cues more often when she is skin to skin for long periods

Positioning



Cross-cradle
Hold turn your baby
on his side, his
tummy to your
tummy



Football Hold place
your baby at your side
with his bottom tucked
under your elbow.



Keep your baby awake during the feeding – stroke her head or rub her back, hands or feet

Breastfeed on the first breast until your baby no longer actively sucks and swallows

Burp your baby and check the diaper. Wait for your baby to show hunger cues, then offer the other breast.

Feed your baby at least 8-12 times in 24 hours.

- 4.
- 5.

1. Support your baby's neck, shoulders and back with your hand and body with your arm. Make sure her neck and back are in one straight line.

Latching

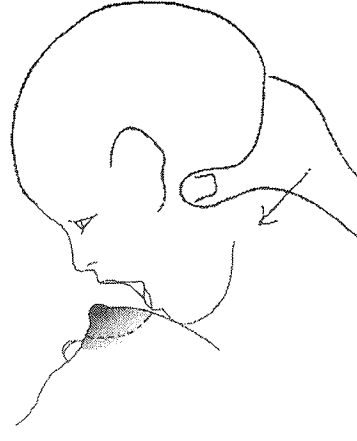
1. Let your breast lie in its normal position. It may help to support your breast with your hand.
2. Aim your baby's nose to your nipple.
3. Rest her chin on your breast under your areola and touch your nipple over her top lip.
4. Wait for your baby to **OPEN HER MOUTH WIDE.**
5. Quickly bring your baby onto your breast, chin first, your nipple pointing to the roof of her mouth.
6. Push your nipple under her top lip with your thumb, if needed.
7. Tuck her bottom into your side so her head is tilted back and her nose is away from your breast.
8. Hold your baby close to you for the whole feeding. You may need to a rolled towel to support your hand.
9. If you feel pain, pull your baby in closer, pull your baby's bottom in to your side or try pulling her chin down.
10. If the latch still hurts, unlatch your baby by inserting your finger into the corner of her mouth and latch again.

Sucking

1. Feel a strong pull or tug on your nipple and areola - Sucking should not hurt.
2. Watch for quick downward movements of her jaw to her chest – these are sucks.

Swallowing

1. Watch your baby's jaw move down lower to her chest and pause, then move back up again. Listen for a soft "k" sound - this is a swallow.
2. Feel a slower sucking rhythm (suck-pause-swallow)



Signs That Your Baby Is Latched Well

- Nipple and a lot of the areola is covered by the baby's mouth
- Some areola is seen above the top lip
- Baby's lips are rolled outward and form a tight seal on your breast
- It does not hurt when your baby sucks
- Baby's chin is touching your breast; her nose is not touching

Signs That Your Baby Is Feeding Well

- You can hear your baby swallow for several minutes at each feeding
- Your baby pees and poos as expected (see front page)
- Your baby is content after feeding
- Your breasts soften after feeding (after milk is present)
- Your baby has regained her birth weight by 10-14 days

Signs That Your Baby Is Not Feeding Well - ASK YOUR NURSE FOR HELP

- o The feeding is noisy with smacking sounds
- o The suck is not strong
- o There is a space between your baby's lips and your breast
- o You see or hear few swallows after the first two days
- o Your baby feeds for only a few minutes then falls asleep
- o Your baby's cheeks dimple during feeding
- o Your baby is fussy at the breast
- o Your baby does not settle after feeding (except when cluster feeding)
- o There are not enough pees or poos (see feeding log)
- o Poo is still green or black by day 4
- o There are reddish stains in the diaper at day 4
- o Your breasts are hard
- o Your nipples are sore, cracked or bleeding
- o Your nipples are more sore than before

If you are at home and your baby is not feeding well, call our Mother-Baby Follow-up Clinic. 416 633-9420 ext. 1-6046

Please look at your Pregnancy and Birth Journal for more information about the following topics.

Sore or Cracked Nipples

Nipple tenderness is normal is the first few days and usually gets better each day. **There should be no pain. If your nipples hurt, tell your nurse.** Your nurse will help you to fix your baby's position and latch and check to make sure your baby is sucking and swallowing well.

Blocked Duct Hard tender red area that does not soften with breastfeeding.

Engorgement (Hard Breasts)

Your breasts may be sore and firm as your milk increases about the 3rd or 4th day. If they are hard, reddened, hot and hurt, they are engorged. Engorgement usually lasts 24 to 48 hours. The best way to prevent breast engorgement is to feed your baby at least 8-12 times each 24 hours for as long as your baby wants.

Breast Infection (Mastitis) Part of your breast is red, firm, painful and warm; you have a fever and feel like you have the flu. Mastitis is rare.

BREASTFEEDING PLAN - Feed your baby at least 8-12 TIMES in 24 HOURS.

<p><input type="checkbox"/> Hand Express Both Breasts x 15 minutes each</p> <p><input type="checkbox"/> Pump Both Breasts x 15 minutes each</p> <p><input type="checkbox"/> To bring milk to your nipple for your baby</p> <p><input type="checkbox"/> Before feeding x few min only to help your nipple stand out</p> <p><input type="checkbox"/> After each feeding to promote your milk production</p> <p><input type="checkbox"/> Single pump after every feeding</p> <p><input type="checkbox"/> Double pump after every feeding</p> <p><input type="checkbox"/> When your baby is gaining weight well and no longer needs extra milk, slowly cut down on the number of times you pump per day</p>	<p><input type="checkbox"/> Cup Feed</p> <p><input type="checkbox"/> Finger Feed (tube on finger)</p> <p><input type="checkbox"/> Lactation Aid (tube on breast)</p> <p><input type="checkbox"/> Before feeding to calm or wake your baby</p> <p><input type="checkbox"/> Before feeding to bring baby's tongue down</p> <p><input type="checkbox"/> During latch attempts if your baby fusses</p> <p><input type="checkbox"/> If your baby does not latch</p> <p><input type="checkbox"/> If your baby sucks but does not swallow</p> <p><input type="checkbox"/> After breastfeeding if your baby is still hungry</p> <p><input type="checkbox"/> At beginning of feeding, then remove tube</p> <p><input type="checkbox"/> Feed with tube on one breast per feeding</p> <p><input type="checkbox"/> Feed your baby on first side, then add tube on second side</p> <p><input type="checkbox"/> Add tube at end of feeding if baby is still hungry</p>
<p><input type="checkbox"/> Nipple Shield</p> <p><input type="checkbox"/> To help your baby latch on</p> <p><input type="checkbox"/> To help your baby stay latched</p> <p><input type="checkbox"/> To help your baby swallow</p>	<p>See other side for amounts your baby needs per feeding.</p> <p><input type="checkbox"/> Breast Milk/Colostrum, give your milk first</p> <p><input type="checkbox"/> Add formula if needed</p> <p><input type="checkbox"/> Formula</p>
<p>Breastmilk Storage Guidelines</p> <p>Room Temperature < 25° C 4 hours in hospital 6-8 hours at home</p>	<p>Refrigerator (at the back) 5 days</p> <p>Insulated Cooler Bag with Ice 24 hours</p> <p>Fridge Freezer (own door) at back of freezer on middle shelf 3-6 months</p> <p>Deep Freezer 6-12 months</p>

BREAST FEEDING CLINICS February 2010

North York General Hospital
Mother and Baby Follow-Up Clinic
Branson Site, 555 Finch Ave W.
Ground Floor, Central Wing
416-633-9420 ext. 1- 6046

EAST TORONTO

Toronto East General Hospital
825 Coxwell Ave M4C 3E7
Main Floor, G111 416-469-6667
Mon, Tu, Th, Fr, Sat. 10 am to 3 pm
Call first to confirm clinic hours.

ETOBICOKE

William Osler Health Centre-Etobicoke
101 Humber College Blvd, 4th Floor
M9V 1R8
7 days/wk 8 am - 4 pm by appt only for
patients who delivered at the hospital or
whose MD works at the hospital
416-747-3400 ext. 32303

NORTH YORK

Black Creek CHC - serves West part of
North York, south of Steeles
2202 Jane St. Unit 5. M3M 1A4
Mon-Thurs 9:30 am-2 pm (by appt only)
416-249-8000 ext 2253

Humber River Regional Hospital

2115 Finch Ave W, Suite 108,
Downsview, ON M3N 2V6
Mon - Fri 9 am - 4 pm By appt only
416-747-3887

Dr. Jack Newman

Canadian College of Naturopathic
Medicine,
SW Corner Leslie and Sheppard
M2K 1E2
By appt only - 416-498-0002 press 1
www.nbci.ca → select appointment

Victoria Park Breastfeeding Clinic

1448 Lawrence Ave. E. Suite 214
Toronto, ON M4A 2V6
Tues-Fri 9 am - 4 pm
By appt. only - 647-344-5990

SCARBOROUGH

Rouge Valley Health System - Centenary
2867 Ellesmere Rd, Floor 4, Scarborough
by appt only 416-284-8131 ext. 4530

Scarborough Hospital - Grace Division
Fourth floor, 4B Post Partum area
3030 Birchmount Rd M1W 3W3
M-F 12-3 pm by appt only 416 495-2843

TORONTO

(Public Health 416-338-7600)

Mount Sinai Hospital

600 University Ave, 7th Floor M5G 1X5
for patients who delivered at the hospital
7 days a week 9 am-4 pm by appt only
416-586-4800 ext. 4543# press 2

South Riverdale Community Health

Centre
955 Queen St E, 2nd Floor M4M 3P3
Tues 2-4 pm for Chinese speaking
mothers Call first 416-461-2493

St. Joseph's Health Centre

30 The Queensway, Toronto M6R 1B5
Mon, Wed, Fri 8:30 - 4:30 pm
By appt only 416-530-6082

OUTSIDE GTA

BRAMPTON

The Birth Experience
350 Rutherford Road, Unit #1, L6W 3P6
Nearest Intersection: Hwy #410 & Steeles
Mon - Fri 9-11 am
905-456-2396 by appt only

BURLINGTON

Joseph Brant Memorial Hospital
1230 North Shore Blvd. L7S 1W7
If delivered at Joseph Brant or has MD
that works at Joseph Brant
905-632-3737 ext. 4840 by appt only

DURHAM

Durham Region Breastfeeding Clinic
Health Connection Line - 905-666-6241
1-800-841-2729, M - F. 9 am - 6 pm
www.region.durham.on.ca

HALTON (Public Health 905-693-4242)

Halton Healthcare Services:

Oakville-Trafalgar Memorial Hospital
327 Reynolds Street, Oakville L6J 3L7
Residents of Oakville or whose MD works
at OTMH Mon-Tue 9am -3pm, Wed-Fri
9am-4pm Sat & Sun 9 am -12 noon
by appt only 905-338-4131

Milton District Hospital

7030 Derry Rd L9T 7H6
by appt only 905-878-2383 ext 7610#
Drop in (group) Fridays 10-11:30 am
549 Commercial St. at Derry Rd.

HAMILTON

St. Joseph's Hospital

50 Charlton Avenue East L8N 4A6
7 days a week, 8 am-6 pm
905-522-1155 ext 33485 by appt only

Hamilton Public Health Services:

Sears at Limeridge Mall

Mon-Fri 1- 4 pm Drop-in
905-546-3550 by appt for complex
problems **AND**

Wesley Clinic, 55 Queen St N.

Mon-1-4 pm, Fri 9-11:30 am Drop-in
905-546-3550 by appt for complex
problems

Stonechurch Family Health Centre

1475 Upper Ottawa, Tue & Fri 9am-5pm
905-575-1744 by appt only

PEEL

<http://www.birthbeginnings.com>

Public Health Clinics: Meadowvale Town

Centre, Bramalea City Centre
For residents of Peel - by appt only
905-799-7700

The Trillium Health Centre (Mississauga)

100 Queensway West by appt only
905-848-7653

Credit Valley Hospital (Mississauga)

2200 Eglinton Ave West
Only if patient's MD works at the hospital
905-813-3324 by appt only

YORK REGION

Public Health Clinics by appt. only

- Old Tannery Mall, 465 Davis Drive
- 4261 Hwy 7 East, Unionville
- 50 High Tech Road, Richmond Hill
- Maple Health Centre, 9401 Jane St.,
Vaughan

Call the Health Connection at 1-800-361-
5653 between 8:30 am-4:30 pm

Southlake Regional Health Centre

596 Davis Drive, Newmarket L3Y 2P9
Mon-Fri 11:30-4:30 by appt. only
905 895-4521 ext 2665

WELINGTON-DUFFERIN-

GUELPH

Public Health Department Kids Line
519-846-2715 or 1-800-265-7293 ext. 3616
for information on local breastfeeding
clinics in Guelph, Fergus, Mt. Forest,
Orangeville, Palmerston & Shelburne

OTHER RESOURCES

Children's After Hours Clinic -

1100 Sheppard Ave. E. Ste. 100
416-250-5000

The North York Family Physicians

After-Hours Clinic Bayview Village
Shopping Centre 416-491-6338

La Leche League

1-800-665-4324, 416-483-3368, lllc.ca
Motherisk (info about medications and
illness while pregnant or breastfeeding)
416-813-6780

Telehealth Ontario 1-866-797-0000

TTY at 1-866-797-0007

BREAST PUMPS:

Medela 1-800-435-8316

Mother's Choice (Ameda) 1-800-604-6225

Philips AVENT 1-800-542-8368

North York General Hospital

416 756-6286

Main Drug Mart 1100 Sheppard E.

416 221-1700

Main Drug Mart 1333 Sheppard E.

416 494-8888