



MODERN MILK

The Newborn Feeding Tracker

The first two weeks, one page at a time.

Feeds · Diapers · Weight · What's normal

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How to use this tracker

Tracking is not about doing more. It's about having something to show someone when you need help — and something to reassure yourself with when you don't.

For the first two weeks, three things tell you almost everything: **how often your baby feeds, what's in the diapers, and the weight trend.** That's all these pages capture.

Filling in a Daily Log

Print one page per day. There are seven in this file — print as many copies as you need.

COLUMN	WHAT GOES IN IT
Time	When the feed started . To the nearest five or ten minutes is fine.
Started on	L or R — the side you offered first. Next feed, start on the other side. If you only remember one thing, make it this one.
Left / Right	Roughly how many minutes on each side. Leave one blank if your baby only took one side — that's normal and very common in the early days.
Notes	Anything you noticed — audible swallowing, fell asleep quickly, hard to latch, spat up. Include nipple pain here, 0 to 10. Pain is clinical information, and a pattern across feeds is one of the most useful things you can hand an IBCLC.

One row is one feed, even when your baby takes both sides.

Underneath, tick a box for every wet and every dirty diaper and note the stool color. The weight line at the top is only for days it's actually measured.

Three things worth knowing

- **Close enough is genuinely close enough.** Nobody is auditing this. A feed logged as "2:15, R, 20 min" is just as useful as one timed to the second.
- **Feed the baby, not the tracker.** If your baby cues, feed them — then write it down afterwards, or don't. A missing row is not a missing feed.
- **Stop when it stops helping.** Most people need this for two to three weeks, not forever. If filling it in is making you more anxious rather than calmer, that is a good reason to put it down and book a consultation instead.

Bring this to your appointments

A completed page tells your pediatrician or IBCLC more in ten seconds than a conversation does in ten minutes. Photograph it on your phone if you'd rather not carry paper.

What's normal — the first two weeks

Use this page as your reference while you fill in the logs.

Diapers, by day of life

DAY OF LIFE	WET DIAPERS	DIRTY DIAPERS	STOOL COLOR
Day 1	1 or more	1 or more	Black, tarry (meconium)
Day 2	2 or more	1 or more	Dark green-black, still meconium
Day 3	3 or more	2 or more	Greenish-brown, transitional
Day 4	4 or more	3 or more	Greenish-yellow, looser
Day 5 onward	6 or more	3 or more	Yellow, seedy, loose

That's the floor **before your milk comes in**. Once it's in — usually day three to five — use the day 5 row from that day on.

How often

Newborns typically feed **8 to 12 times in 24 hours**. That's a total, not a schedule — some feeds will cluster close together, especially in the evening, and that's normal rather than a supply problem.

Hunger cues — catch them early

STAGE	WHAT YOU'LL SEE	WHAT TO DO
Early	Stirring, mouth opening, turning head, lip smacking	Offer the breast now. This is the easy window.
Active	Rooting, hands to mouth, sucking on hands, fussing	Feed now, before it escalates.
Late	Crying, agitated movement, red face	Calm first — skin to skin, rocking. Then latch.

Weight

Some weight loss after birth is normal. Babies typically hit their lowest weight in the first few days, then start gaining, and most are back to birth weight by **10 to 14 days**.

The 10% rule

If your baby loses 10% or more of their birth weight, that's the point to check in. It doesn't automatically mean supplementing — it means feeding should be assessed properly, and sooner is easier.

Daily Log

DAY OF LIFE

DATE

WEIGHT (IF CHECKED)

Feeds — one row per feed, even if baby takes both sides

TIME	STARTED ON	LEFT (MIN)	RIGHT (MIN)	NOTES — SWALLOWING, NIPPLE PAIN (0-10), ANYTHING ODD

Diapers

WET

DIRTY

STOOL COLOR

Daily Log

DAY OF LIFE

DATE

WEIGHT (IF CHECKED)

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Diapers

WET

DIRTY

STOOL COLOR

Two-week summary

One line a day. This is the page your pediatrician and IBCLC will want to see.

DAY	DATE	FEEDS IN 24H	WET	DIRTY	WEIGHT	NOTES

BIRTH WEIGHT _____

LOWEST WEIGHT, AND WHICH DAY _____

DAY BACK TO BIRTH WEIGHT _____

Questions for my appointment

Write them down when you think of them at 3am. You will not remember them at 10am.

MY QUESTION	WHAT I WAS TOLD

When to call for help

You do not need to be in crisis to ask. "This is going okay but I think it could be better" is a completely legitimate reason to book.

Call today

- Fewer wet or dirty diapers than the chart on page 2
- Your baby isn't back to birth weight by two weeks
- Your baby is very hard to wake, or has fed poorly for several feeds in a row
- Feeding is painful, or your nipples are cracked or bleeding
- You have a fever, or a red painful area on your breast that isn't improving
- Your milk hasn't come in by day five to seven
- Your baby is getting more yellow rather than less

Call soon

- Your baby feeds constantly and never seems satisfied
- You're worried about your supply
- You're going back to work and want a plan
- You're not enjoying any of this and want to talk it through

If you are struggling, that counts too

Postpartum depression and anxiety are common, treatable, and not a personal failing. If you feel persistently hopeless, panicked, disconnected from your baby, or you have thoughts of harming yourself or your baby — tell your provider today.

If you need someone right now, call or text **988** (Suicide and Crisis Lifeline), or the Postpartum Support International helpline at **1-800-944-4773**.

MY PEDIATRICIAN _____

MY LACTATION CONSULTANT _____

SOMEONE WHO CAN BRING ME FOOD _____