

# Infant Feeding Log

**Please find some tips for how and when to feed your newborn below:**

- Babies love to be placed skin-to-skin as much as possible.
- Nurse or feed your baby 8-12 times within a 24-hour period.
- There should be no more than 4 hours between feedings or attempted feedings.
- Observe your baby for cues they are ready to feed:
  - ▷ Turning his or her head
  - ▷ Sucking on his or her hands
  - ▷ Opening his or her mouth
  - ▷ Becoming more restless
- If you are breastfeeding, know that it is okay to nurse on one side only. When you start the next feeding, begin on the other side.
- There are no time limits on feedings. Feed your newborn on demand, and mark down both successful and attempted feedings on the log.

**We are here to help! If you need assistance or have any questions, please ask.**



*Information Continued on Other Side*

