



# Breastfeeding *notebook*

Breastfeeding is a very precious and intimate experience which **will teach you a lot about your baby and about yourself.** By keeping this breastfeeding notebook you will be able to know which position provides the most relief and which foods baby prefers through your milk!



**My baby's name:** .....

**Date:** .....

<b>Time</b>	<b>Breast</b> Left/right	<b>Length</b>	<b>Mood</b> Left/right	<b>Foods</b> Particular foods consumed

**NOTES:**

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## Signs of effective breastfeeding

### STOOLS

The first month, more than 3 every 24 hours, soft, granular and yellow

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### NOURISHING SUCKLING

ample and regular

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### BEHAVIOUR

Spontaneous waking: baby wakes and feeds 8 to 12 times in 24 hours

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### URINE

5-6 soaked nappies every 24 hours

## Storing milk

- **4 hours maximum at room temperature, around 20°C** (time between when you start expressing milk and baby finishes consuming the milk)
- **48 hours maximum in the fridge** at a temperature of less than or equal to **4°C**. Leave a suitable thermometer in your fridge at all times

## Warming milk

**Warm milk in a bain-marie** in a saucepan, in a bottle heater or under the hot tap.

**Shake well and check the temperature** of the milk by pouring several drops onto the inside of your forearm.

**Do not use the microwave** as it decreases the nutritional quality of milk and increases the risk of burns.

Milk that has been stored in the fridge should be consumed within the following hour (if left at room temperature) and within half an hour if it has been reheated.



If baby is not hungry when you are breastfeeding them, **you can always express your milk to be used when you are absent**. You can store breast milk for up to 48 hours week in the fridge (between 0 and 4°C) in special bags or in a hermetically-sealed container.

In certain cases, a paediatrician may consider the baby's diet needs supplementing, or in other words needs **additional nutrition to fulfil their dietary requirements**. Indeed, some infants present vitamin and iron deficiencies. **Only your paediatrician is able to advise you on the best course of action.**