



NEWBORN

Tracking Feeds Whether You Breast or Bottle

Tracking your baby's feeds is a key part of monitoring their wellbeing, whether you're breastfeeding or bottle-feeding. Use this guide to understand what to log and why it's important, ensuring your baby's needs are met efficiently.

A free guide from maternity.app

Keeping track of your baby's feeds is crucial in those early weeks. This guide will help you understand how to monitor feeding without creating pressure and help ensure your baby's metabolic stability.

Understand the importance of tracking feeds.

Tracking feeds isn't just about sticking to a schedule. It's a way to understand your baby's needs and support their growth. By recording when and how much your baby eats, you can protect your milk supply and feeding routine.

Use this simple checklist to log feeds.

- ☐ Log the start time: Always clock when a feed begins.
- ☐ Record duration or ounces: Note minutes spent actively nursing or exact fluid ounces drained from a bottle.
- ☐ Identify active swallowing: Listen for audible, rhythmic gulps during feeding.
- ☐ Switch sides deliberately: Track which side you started on if breastfeeding.
- ☐ Note any hunger cues: Document changes in your baby's behavior indicating hunger.
- ☐ Monitor diaper output: Track wet and dirty diapers to ensure adequate feeding.
- ☐ Adjust feeding frequency if necessary: Be flexible based on your baby's cues.
- ☐ Reassess when introduction of solids begins: Transitioning to solids will change your tracking.

Recognize hunger cues and feeding patterns.

It's common for newborns to show signs of hunger frequently during the day and night. Watch for early hunger cues like rooting or lip-smacking. Current pediatric guidance suggests that a newborn typically requires 8 to 12 feeds in a 24-hour period to maintain health and wellness.

QUICK REMINDER

Don't hesitate to feed your baby when you notice hunger cues. Frequent feedings help prevent low blood sugar and support rapid development.

What to watch for when feeding.

Pay attention to your baby's response during feeds. If they consistently refuse to feed or seem lethargic, reach out to your pediatrician. It's essential to address any issues promptly to ensure your baby's health.

Remember, every family's journey is unique. Trust your instincts, keep monitoring those feeds, and you'll be doing a great job.