

Triple Feeding Log

Use this chart to keep track of your feedings.

Your baby will benefit from a three-step feeding routine:

1. Put baby to breast for feeding, every two to three hours, plus on cue.
2. Offer a supplement even if baby is sleepy. First choice is moms expressed breast milk; second choice is donor milk; third choice is formula.
3. After each feeding session, pump both breasts using a double electric pump.

Methods of Feeding:

B = Bottle, slow paced
C = Cup
Sp = Spoon

S = Syringe

F = Finger feeding

Ct = C-tube at breast

SNS = Supplemental nurser system

Types of Supplement:

EBM = Expressed breast milk

D = Donor milk

F = Formula

Time AM/PM	12	1	2	3	4	5	6	7	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11	
Date:																									
Breastfed																									
Supplement given (ml/method)																									
Amount pumped (ml)																									
Wet																									
Dirty																									
Date:																									
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