

My Feeding Journal



Congratulations on the birth of your baby!

My baby's name is:

My name is:

My baby was born on:

Time of birth:

Welcome to your feeding journal - a space created to support you through your baby's feeding journey.

Inside, you'll find practical guidance and tips, evidence-based resources, and prompts to help you learn and recognise when extra support may be helpful. Whether feeding feels smooth or challenging, this journal is here to empower you with knowledge, build confidence, and remind you that you're never alone in asking for help.

We encourage you to use this journal alongside the **Flying Start** guide. If you didn't receive a copy in your pregnancy, you can find it on Badger Notes under 'leaflets'.



How to know breastfeeding is going well

This page is to prompt you to think about how feeding is going. If you have any concerns, always speak with a midwife or your Infant Feeding Team.

 Breastfeeding is going well when:	 Talk to your midwife/health visitor if:
 Your baby has 8-12 feeds in 24 hours	 Your baby is sleepy and has less than 8 feeds in 24 hours
 Your baby feeds for between 5 and 40 minutes	 Your baby falls asleep before the feed is finished or stays on for 40 mins or more each feed
 Your baby has normal skin colour	 Your baby appears jaundiced (yellow discolouration of the skin)
 Your baby is calm and relaxed whilst feeding	 Your baby comes on and off the breast frequently during the feed/ appears agitated
 Your baby has wet and dirty nappies appropriate for its' age (see below)	 Your baby is not having nappies appropriate for its age (see below)
 Breastfeeding is comfortable	 You are having pain throughout a feed and/or your nipple is pinched or flattened
 From Day 3, you can hear swallows with most sucks	 You cannot hear swallows when your baby feeds from day 3
 Your baby is content after most feeds	 You feel you need to give your baby formula milk or use a dummy to settle your baby between feeds

Your baby's wet nappies should get heavier, and the poo should change from sticky meconium, to green and then more watery and yellow.

Not pooing is usually a sign your baby is not getting enough milk.



Your roadmap to breastfeeding

1 Pregnancy

- From 36 weeks you may have started collecting colostrum (first milk). This should not replace putting your baby to the breast once they're born.

2 Birth

- Colostrum is thick and yellow. It protects your baby from germs and infections and is perfect for their small stomach.
- If your baby isn't latching or feeding well: express your milk using your hand and/or a pump 8-12 times a day until they are. We have pumps you can use from birth whilst in the hospital.
- Skin-to-skin cuddles help your baby find the breast and help your body make milk.
- Your baby may want to feed for hunger, thirst, or comfort. All needs are important!

3 Day 1

- Your milk supply and your baby's appetite will gradually increase each day until they're about 2 weeks old.
- Your baby needs 8-12 feeds in a 24-hour period. Use the feeding charts in this journal to help you keep track!

4 Day 3+

- Your milk starts to change and 'come in' around days 3-4.
- Keep feeding 8-12 times in 24 hours, following their feeding cues.
- Each feed helps your body make more milk - think of it as 'placing the order' for the next feed.
- As your baby feeds, the milk becomes higher in fat. Let your baby finish when they are ready.

5 Keep going

Breast milk is valuable at every stage and constantly changes to meet your child's needs. The longer you breastfeed, the greater the benefits for both you and your baby. The World Health Organization recommends breastfeeding for up to two years and beyond to provide the greatest health benefits.

Special situations

- If feeding an older child too, feed your newborn first.
- If your baby is early (before 37 weeks), they may need waking for feeds and given extra milk. Your midwife will guide you.
- If you are feeding multiples (e.g. twins or triplets), offer both babies both breasts at each feed. Try to start each baby on a different breast than the one they started on last feed.



Feeding cues

Try to learn your baby's signs that they're hungry (feeding cues) and feed them whenever they and you want - you cannot overfeed a breastfed baby!!

Early feeding cues may include looking for the breast, sucking on their fingers or fist, stirring, or looking around. Crying is a late cue.

Try to avoid dummies or long periods of swaddling, as these can make it harder to notice if your baby is hungry.



Milk-boosting tips



Being relaxed helps your milk flow. You could try:

- Listening to music
- Having lots of skin-to-skin cuddles with your baby.
- Milk-making hormones are highest at night, so night feeds are really important.



Milk supply can be low or delayed for many reasons, such as heavy blood loss, smoking, PCOS, thyroid issues, retained placenta, a caesarean birth, long gaps between feeds/expressing, or a poor latch (such as tongue-tie). With a good plan, most of these issues will be temporary.

* 10

During your stay



Buzz for help at every feed! Breastfeeding is a new skill that can take weeks to master.



Did you know we have a Feeding Room? You are welcome to use it to feed in or to wash any feeding equipment.



If you are thinking your baby may need extra milk, please speak with your midwife first so that they can help you make an informed decision.

Stomach size

Newborn
= cherry



Day 3-4
= walnut



1 week
= apricot



2 weeks
= chicken
egg



Milk-making hormones start to drop after the first 10 days, so frequent breastfeeding/expressing in the early days is crucial for your milk supply.

Tips for days 0-2

0-72 hours old

- Until your milk comes in, hand express and offer your baby **colostrum 'puddings'** after each feed. This will ensure they are getting enough milk and will support your milk supply.
- When **positioning** your baby to breastfeed, keep your baby **close**, with their body touching yours from their chin down. This makes them feel secure, and able to reach the breast with ease.
- Look at pages 12-14 of the Flying Start guide for suggestions on different positions you can try.

How to attach your baby to your breast:

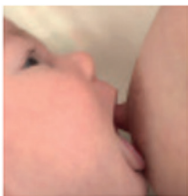
1. Chin leads and hits the breast first. Nose opposite nipple. Head free to tilt back.



2. Wide open mouth. Quickly bring baby in close, supporting between their shoulder blades.



3. Bottom lip touches breast well away from the base of the nipple.



4. Nipple aimed towards the rear of the roof of the baby's mouth.



Images taken from 'Off to the Best Start' leaflet (Unicef, Baby Friendly Initiative).

If you're experiencing **pain** throughout a feed, this is probably due to a shallow latch - we can help with this!

How are you feeling about feeding?



Draw an arrow to show where you are on the scale.

Day 0 0-24 hours old

What to expect:



The sticky, black poo after birth is called **meconium**.

Your baby should feed in the first **1-2 hours** after birth whilst skin-to-skin.

A well baby born after 37 weeks of pregnancy needs **at least 4 good feeds** in the first 24 hours.



Time	Type of feed	Length of feed or volume	Nappies or concerns

Keep your baby skin-to-skin when you go to the Postnatal Ward - no need to hurry to dress them!

Skin-to-skin cuddles help your baby stay warm and feel safe, and boosts your milk hormones.



Day 1 24 - 48 hours old

What to expect:



x2

x2

Your baby should feed **8-12 times** per day now.

[illegible]

Day 2 48 - 72 hours old

What to expect:



x2

x2

Your baby may feed lots (cluster feed) at night to bring your milk in!

[illegible]

Tips for days 3-4

72 - 120 hours old

- Your baby should now be **swallowing** regularly with every **1–2 sucks** and you should be able to hear it.
- Unsure if your baby is swallowing? Check out this video:



How to recognise when a baby is drinking well

- Your baby's poo should now be changing! They should no longer be sticky, and should be green in colour or turning yellow. If they're not, contact your midwife or Infant Feeding Team for help.
- If your breasts feel full, you might need to **hand express** a little before feeding to help your baby latch comfortably.
- Engorged, lumpy, or sore breasts usually means your baby isn't getting all the milk. If this happens, don't worry — ask a midwife or a member of our community Infant Feeding Team to watch a feed and help you. Getting support early can make feeding much more comfortable for both you and your baby.

How are you feeling about feeding?

Draw an arrow to show where you are on the scale.



Day 3 72 - 96 hours old

What to expect:



x2

x3

x3 getting heavier

Your milk should
start coming in today!

[illegible]

Day 4 96 - 120 hours old

What to expect:

[illegible]

Tips for days 5+

- It is normal for babies to lose a little weight after they are born. By day 5, many babies have lost up to 8% of their birth weight. If your baby has lost more weight than this, we will help you make a plan to make sure your baby is feeding well and starting to gain weight.
- Your body makes milk based on your baby's needs — the more milk your baby drinks (or you express), the more your breasts will make. Every feed helps your supply grow!
- By day 7 your body is usually making around 500–700 ml of breastmilk each day - how amazing!
- Night-time feeding is normal and necessary — it helps your milk supply grow.
- Your baby may sometimes want to feed more often and have lots of feeds close together. This is called cluster feeding, and it often happens in the evening. It is normal and often means your baby is going through a growth spurt and growing quickly



Scan

Our Flying Start padlet has videos, websites, leaflets and more to support you on your feeding journey.

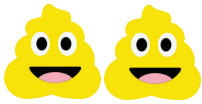
How are you feeling about feeding?



Draw an arrow to show where you are on the scale.

Day 5

What to expect (minimum):



x2

x5 (heavy)

[illegible]

Resources

Videos

Unicef UK

Hand expression



Best Beginnings

Breastfeeding positions and holds



Dr Amy Brown

Why you might want to put the baby books down



Carla Mastroianni (RM, IBCLC)

The exaggerated latch technique



UHSussex leaflets



Helping your baby get all the breastmilk they need



How to know breastfeeding is going well



The possible effects of giving a breastmilk substitute to a breastfed baby

Website

Flying Start: feeding and nurturing your baby (padlet)

More resources can be found here!



Before you go home

It is important to us that you have all the information and support you need to get off to the best start. Before leaving the hospital, please make sure a midwife speaks with you about the following:

	Tick
Babies need to be held close to feel safe and can't be spoiled by too many cuddles	
How and when you might hand express	
How to ensure a good milk supply	
Responsive feeding including hunger signs	
How to tell baby is getting enough milk	
What to do if your baby isn't feeding well	
How to find additional help if you need it	

Do you feel confident with feeding? Yes / No
Has someone watched a whole feed today? Yes / No

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Scan



This information is intended for patients receiving care at Brighton & Hove, Worthing, Haywards Heath and Chichester St.Richard's hospital.

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