



Use this table to keep track of baby's feeds for breastfeeding or pumping milk



Date	Time	Left breast	Right breast	Total mls	Notes
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		
		/min /ml	/min /ml		

**Did you know?**

Alternating breasts is important to make sure you maintain milk supply in both breasts and prevent engorgement, which can be quite painful. You can alternate in the same feeding session or between different sessions.

