



# BREASTFEEDING LOG

*Neonatal Period  
(28 Days after Birth)*

Mother's name:

Baby's name:



# THE NEONATAL PERIOD

## REALISTICALLY

The neonatal period is the first 28 days of a newborn's life. During this time, the baby undergoes critical changes as they transition from life inside the womb to the outside world. Providing care and support during this period is essential to ensure the baby's health and development. There are many key activities and practices that should be done during the neonatal period.

## KEY ACTIVITIES AND PRACTICES

- Immediate Newborn Care (First Few Hours)
- Feeding and Hydration
- Monitoring for Health Issues
- Umbilical Cord and Diaper Care
- Vaccinations
- Ensuring Safety during Sleep
- Caring for the Mother
- Monitor for Signs of Illness
- Bonding and Stimulating Development

By providing the proper care and attention, the neonatal period can be a positive foundation for the newborn's health and well-being. In this booklet, we are focusing on monitoring 2 of the key neonatal activities. They are breastfeeding and diaper monitoring. Feel free to keep track on the breastfeeding frequency and diaper change. If you notice any abnormality, please seek your doctor's advice.

## FEEDING & HYDRATION

- **Breastfeeding:** It is highly recommended to begin breastfeeding as soon as possible after birth. Colostrum, the first milk, is rich in nutrients and antibodies. If breastfeeding is not possible, please seek your doctor's advice.
- **Frequent feeding:** Newborns need to be fed frequently, usually every 2–3 hours, to meet their nutritional needs.
- **Monitor for feeding difficulties:** Keep an eye on the baby's ability to latch onto the breast and ensure they are feeding effectively.

## DIAPER CARE

- **Diaper changes:** Newborns need frequent diaper changes (8-12 times a day). Clean the diaper area gently and ensure the baby's skin remains dry to avoid rashes.
- **Most importantly,** diaper monitoring is important to check on the hydration status.

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

And lower unto them the wing of submission and humility through mercy, and say: 'My Lord! Bestow on them Your Mercy as they did bring me up when I was small'"

(Al-Isra 17:23-25)

## Day 1

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

“And We have enjoined on man to be dutiful and kind to his parents. His mother bears him with hardship. And she brings him forth with hardship...”

(Al-Ahqaf 46:15)

# Day 2

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

“Give thanks to Me and to your parents, unto Me is the final destination”  
(Luqman 31:14)

## Day 3

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

Mothers may breastfeed their children two complete years for whoever wishes to complete the nursing [period].....

(Al Baqarah 2:233)

## Day 4

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

"If they both (parents) decide on weaning, by mutual consent, and after due consultation, there is no blame on them"

(Al-Baqarah 2:233)

## Day 5

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 6

## Diapers



# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 7

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 8

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 9

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

# Day 10

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

# Day 11

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 12

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 13

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

# Day 14

## Diapers



# BREASTFEEDING LOG

*Neonatal Period (28 Days after Birth)*

Day 15

Time	Breast (L/R)	Duration	Notes

## Diapers

Pee											
Poo											

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

# Day 16

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 17

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

# Day 18

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

# Day 19

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 20

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 21

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 22

## Diapers



# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 23

## Diapers

# BREASTFEEDING LOG

*Neonatal Period (28 Days after Birth)*

Day 24

Time	Breast (L/R)	Duration	Notes

Diapers

Pee											
Poo											

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 25

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 26

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 27

## Diapers

# BREASTFEEDING LOG

### Neonatal Period (28 Days after Birth)

## Day 28

## Diapers



I was always at peace because of the way my mom  
treated me.  
Martina Hingis



# BREASTFEEDING LOG

*Neonatal Period (28 Days after Birth)*

Mother's name:

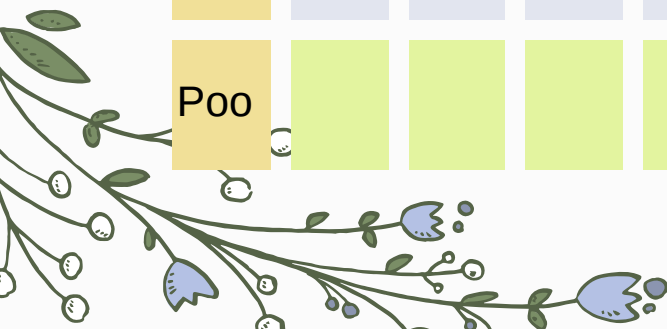
Baby's name:

Day 8

Time	Breast (L/R)	Duration	Notes

## Diapers

Pee											
Poo											





Be patient. Patience is the mother of  
all virtues.

Hrithik Roshan

# BREASTFEEDING LOG

*Neonatal Period (28 Days after Birth)*

Mother's name:

Baby's name:

Day 12

Time	Breast (L/R)	Duration	Notes

## Diapers

Pee											
Poo											



# ING LOG

(after Birth)

# BREASTFEEDING LOG

Baby's name:

As a breastfeeding mother you are basically just meals  
on heels.

Kathy Lette

# BREASTFEEDING LOG

*Neonatal Period (28 Days after Birth)*

Mother's name:

Baby's name:

Day 18

Time	Breast (L/R)	Duration	Notes

## Diapers

Pee											
Poo											

There is no substitute for mother's milk.

Martin H. Fischer

# BREASTFEEDING LOG

*Neonatal Period (28 Days after Birth)*

Mother's name:

Baby's name:

Day 20

Time	Breast (L/R)	Duration	Notes

## Diapers

Pee											
Poo											



# ING LOG

*(page after Birth)*

# BREASTFEEDING LOG

Baby's name:

Mother's milk, time-tested for millions of years, is the best nutrient for babies because it is nature's perfect food.

Robert S. Mendelsohn

# BREASTFEEDING LOG

*Neonatal Period (28 Days after Birth)*

Mother's name:

Baby's name:

Day 24

Time	Breast (L/R)	Duration	Notes

## Diapers

Pee											
Poo											





# BREASTFEEDING LOG

*Neonatal Period (28 Days after Birth)*

**Yey!!!**

**It is time to  
celebrate your  
success**

**Keep it up!!**

**Let's continue the journey  
Happy breastfeeding**