Baby's Feeding Record

Region of Waterloo
PUBLIC HEALTH AND EMERGENCY SERVICES

Date/time	Breastfeeding		Swallowing (heard or seen) (✔)	If needed: expressed breast milk (ml or oz)	Urine (pee) (✔)	Stool (poop) colour (✔)	Skin-to-skin (✔)	Comments or questions
	Left (✔)	Right (✔)						

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	Left (✔)	Right (✔)						

Questions or concerns?

Talk to a Public Health Nurse at 519-575-4400, or call Telehealth Ontario at 1-877-797-0000 for 24/7 breastfeeding support.

Alternate formats of this document are available upon request.

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Region of Waterloo Public Health and Emergency Services
Healthy Living

www.regionofwaterloo.ca/ph ▪ 519-575-4400 ▪ TTY 519-575-4608 ▪ Fax 519-883-2241