

# Daily Breastfeeding Log

## + Comfort Checklist



Date: \_\_\_\_\_

Time	Side (L/R)	Duration (min)	Baby's Mood

Total Feedings Today: \_\_\_\_\_

### Comfort Checklist for Mama



- ✓ Did I drink water after each feeding?
- ✓ Did I eat a nourishing meal/snack today?
- ✓ Did I use nipple balm or cooling pads if needed?
- ✓ Did I take at least one short rest or nap?
- ✓ Did I reach out for help or support?
- ✓ Did I do a gentle stretch or breathe deeply today

Today I'm proud of myself for: \_\_\_\_\_

A reminder for myself today: \_\_\_\_\_