

How to Use the Breastfeeding Tracker Kit

The Breastfeeding Tracker Kit is designed to be an encouraging and easy to use solution to help you keep track of nursing a baby or pumping breast milk.

To get the best use out of the Breastfeeding Tracker Kit, I recommend printing it on card stock or heavy weight paper for durability.

Breastfeeding and Pumping Logs:

Fill in the date and time on the log during or after each pumping session. Record how many ounces you pumped from each breast on the pumping log and record how long your baby nursed on each side on the breastfeeding log. Use the notes section to write down other important information.

Breastfeeding Encouragement Cards:

These cards are meant to encourage and inspire you each time you see them. Whether you need a boost of confidence because of low milk supply or whether you're up for the fifth time for a nighttime feeding, breastfeeding can be challenging at times. You can print these cards and cut them out individually to set them in different places you nurse throughout your house, or print a whole sheet and frame it to hang in a convenient location.

Left Side, Right Side Reminder Card:

To help you remember which side to begin breastfeeding or pumping on for your next session, use this reminder card. Print and cut out the card and fold in half so the card stands up. Each time you nurse, simply turn the card to the side you need to nurse on next so when you sit down for the next session, your card will remind you where to start.

Breastfeeding Door Hangers:

These door hangers should come in handy if you want privacy while pumping or nursing. Print and cut them out and choose the one best suited for your situation (pumping or nursing). Hang it on your door at home, when you're away from home, at work or anywhere you need privacy.

breastfeeding LOG

DATE:

TIME:

RIGHT:

LEFT:

NOTES:

pumping



DATE:

TIME:

RIGHT:

LEFT:

NOTES:

**A
BREASTFED
BABY
IS
A
happy
BABY**

**MAKING
MILK
IS
A
super
power**

**you're
ONE
AMAZING
MOM**

**CLOSE TO
THE
breast
IS CLOSE
TO THE
heart**

you've
**GOT
THIS,
MAMA**

PUMPING
*liquid
gold*

**NOT
ALWAYS
easy
BUT
ALWAYS
*worth it***

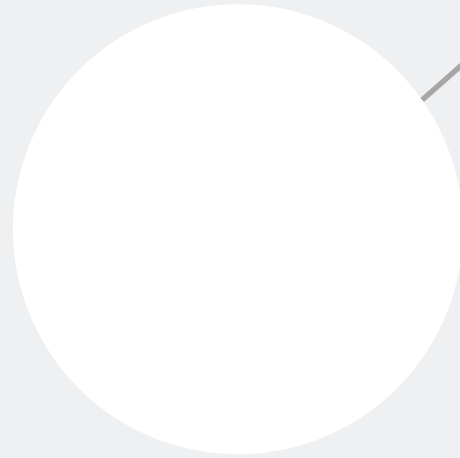
**LIVE.
LOVE.**
breastfeed





PLEASE KNOCK





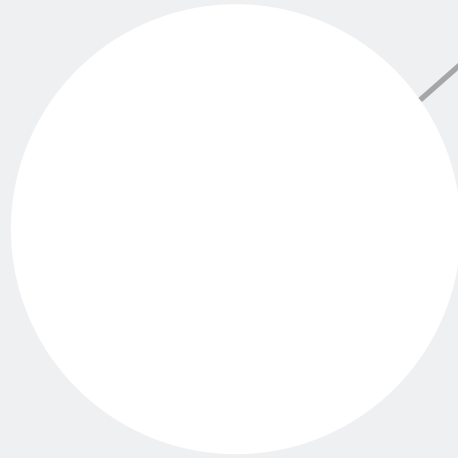
NURSING BABY





QUIET!





DO NOT DISTURB

