In the early days of parenthood, it can be difficult to remember when your baby has breastfed, pooped and pee'd. While you are still having your home visits by your midwifery care team, we use this important information to determine you baby's ability to effectively transfer milk. Many parents find it easier to write down or chart when their baby does certain tasks. If you have a hard time remembering (like at 3am!), please use the chart below.

Date	**Time**	**Breastfed** **(circle breast)**	**How Long?**	**Poop?**	**Pee?**	**Other** (info such as color of poop can be useful)
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