



# Feeding Chart

## PRINT-AND-GO GUIDE



Mark your baby's feedings in the chart below. The times should be when the feeding begins. You can note how long the baby fed at each breast. But keep in mind that feeding times will vary. Your baby will let you know when he or she is finished eating. If you are feeding pumped breast milk, include the amount your baby eats.

<http://www.womenshealth.gov>

**1-800-994-9662**

**TDD: 1-888-220-5446**

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
6 a.m.							
7 a.m.							
8 a.m.							
9 a.m.							
10 a.m.							
11 a.m.							
12 p.m.							
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