Parent Directed Feeding – WEEK 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Place a check mark for each feeding in a 24-hour period (aim 8 feedings a day)							
Place a check mark for each nursing period of 15 minutes or more in length							
Place a “M” for first stool (Meconium) and “T” for each brownies battered transition stool							
Place a “Y” to record each yellow stool (milk stools should appear by 4-5th day							
Place a check mark for each wet diaper (wet diapers should start to appear by 48 hours or sooner)							

Parent Directed Feeding – WEEK 2 – 4

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Place a check mark for each feeding in 24-hour period (minimum of 8)							
Place a check mark for each wet diaper per day with clear urine (norm 5 – 7)							
Place a check mark for each yellow stool (for first month 2- 5 or more per day)							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Place a check mark for each feeding in 24-hour period (minimum of 8)							
Place a check mark for each wet diaper per day with clear urine (norm 5 – 7)							
Place a check mark for each yellow stool (for first month 2- 5 or more per day)							

Parent Directed Feeding – WEEK 5 - 10

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Place a check mark for each feeding in 24-hour period (minimum of 7 - 8)							
Place a check mark for each wet diaper per day with clear urine (norm 5 – 7)							
Place a check mark for each yellow stool							

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Place a check mark for each feeding in 24-hour period (minimum of 7 - 8)							
Place a check mark for each wet diaper per day with clear urine (norm 5 – 7)							
Place a check mark for each yellow stool							