



## Breastfeeding Counselor Log |

1. Get mother's name and phone/contact information
2. Use open-ended questions; reflect mother's feelings;
3. establish trust
4. Use focused questions to build information

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Contact's name \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_

Mother's name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Reason for call "Can you tell me a little about how breastfeeding is going?  
*mother's response ->*

Number of nursings in last  
24 hours (target: 8-12)

Number of soaking wet  
diapers in last 24 hours (5-6  
per day by one week)

Number of poopy diapers in  
last 24 hours (target: yellow  
by day 4)

Baby's behavior at breast and during feeding

Before latch on      during latch on      during milk ejection      rest of feed

Interventions – supplements, pacifiers, nipple shields, pumping, etc.

Birthdate      Close to due date or  
premature (weeks?)      Age today      Baby's name

Weight at birth      Most recent weight measurement

Birth Information (where delivered, interventions, mother's feelings)

Support & info – doc, midwife, IBCLC, nurse      Family needs/other children

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Mother's goals      Mother's expectations

Address      Add to announcement list    Y    N

## Information and Support Provided

### **Follow-ups**

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Reason for follow up

Date

Time

Method of contact

Updates

Information provided

Next step

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Reason for follow up

Date

Time

Method of contact

Updates

Information provided

Next step