

infant nutrition history

Name: _____

Date of birth: _____

Baby (check all that apply):

- Breastfeeds
- Drinks expressed breast milk from a bottle
- Drinks formula from a bottle
- Other (please describe): _____

Please answer the questions below depending on what your baby drinks.

Direct breastfeeding or breast milk from a bottle or cup:

What concerns do you have regarding breastfeeding?

Are you/will you be pumping? If yes, what concerns do you have regarding pumping?

Are you adding any formula to baby's breastmilk? ___ Yes ___ No ___ Sometimes

If yes or sometimes, what formula? _____

What is your recipe for mixing breastmilk milk and formula?

Formula from a bottle:

Formula name: _____

How are you mixing the formula: _____

We use the word breastfeeding most often when we talk about providing human milk to babies, however we support all individuals and are happy to use the language that helps you feel most comfortable. If you would like us to use another term, such as chestfeeding, please let us know.



instructions:

1. Use the chart below to complete a record of when your baby eats. Begin by writing down what time you start feeding your baby.
2. If baby breastfeeds, write “breastfed” in the “what did your baby eat?” column. If your baby takes formula and/or breast milk from a bottle, write down what they ate at that feeding.
3. Write down how baby ate, such as directly breastfed, from a bottle, from a spoon, or self-fed with fingers.
4. Write how long it took for baby to eat and how much baby ate during each feeding.

Date: _____				
Time	What did baby eat? (breast milk, name of formula, name of food)	How did baby eat? (direct breastfed, bottle, spoon, self-fed with fin- gers)	How long did the feeding take?	How much did baby eat?

This handout is for general information only and should not be considered complete. For more specific information, please ask your child’s health care provider.

© Copyright Dayton Children’s Hospital. This material is for educational purposes only. It cannot be reproduced or distributed without permission from Dayton Children’s.

