natural fertility NZ aotearoa
te whakato kakano tuturu

from prevention to conception

BREASTFEEDING CHART

Date							
Baby's age							
Number of Breastfeeds in 24 hours							
Longest time between feeds							
Solids How much / How often							
Bottle and/or cup supplements							
Mucus: Colour							
Texture							
Amount							
Sensation							
Notes							

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