



The Essential Breastfeeding Log: A Feedings Tracker and Baby-Care Organizer for Nursing Moms

Sarah Bowen Shea, Suzanne Schlosberg

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Whether you're exclusively breastfeeding, combining breastfeeding with pumping, or supplementing with formula, *The Essential Breastfeeding Log* is an indispensable tool to help you track your baby's eating and sleeping habits so that you can see the patterns emerging—and regain some sanity in your life.

This book evolves over time, offering four different daily log formats, each modified for your baby's age and changing needs. The log pages for the early weeks provide space to record feedings and to tally diapers. The pages for the later stages allow more room to track your baby's nap times and bedtimes, as well as your exercise and "me" time. With this handy format you will also be able to

- chart your weight loss and your baby's weight gain
- reserve time together for yourself and your partner
- note your thoughts and feelings during those precious first months

Complete with breastfeeding basics, troubleshooting tips, and vital facts, *The Essential Breastfeeding Log* is an invaluable, encouraging book to help you raise a healthy, happy baby.

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