Breastfeeding Log App: Track Duration, Side, and Feeding Patterns with MimiLog

A good breastfeeding log app tracks duration, which side, and frequency — revealing patterns you'd never notice from memory. Here's how MimiLog handles it all.

Author: Lubor Šimůnek · Published: July 15, 2026 · Health & Fitness
Online version: https://appstoryo.com/en/blog/breastfeeding-log-app-track-feeding-times



Why Breastfeeding Logging Matters More Than You Think

Breastfeeding is one of the most demanding aspects of early parenthood, and also one of the most data-rich — if you log it. In the first weeks with a newborn, you're asked to breastfeed on demand, which means responding to hunger cues rather than a clock. This is good for supply and for the baby. But it also means that without logging, you can quickly lose track of when the last feed happened, how long it lasted, and which side you used last.

At 3 AM, sleep-deprived, this information is genuinely hard to hold in your head. Did you just feed for 12 minutes on the right, or 20 minutes on the left? You were half asleep. You're not sure. And the baby is already fussing again.

A **breastfeeding log app** solves this problem simply: you tap to start, tap to switch sides, tap to stop. That's the whole interface. And over time, the accumulated data tells you something that you couldn't know from feel alone: what your baby's actual feeding patterns look like.

What MimiLog Logs for Breastfeeding

MimiLog is a free baby tracking app for iOS and Android with a breastfeeding log that covers

everything you actually need:

Duration Tracking

The most important number in breastfeeding tracking is often the simplest: how long did this feed last? MimiLog records exact start and end times for each feeding session, with the total duration calculated automatically. No math at 4 AM.

Side Tracking

Left or right? MimiLog lets you log each side separately within a single session. You tap to start on the left, tap to switch to right, tap to end. The app records both sides with their individual durations.

Why does this matter? Two reasons. First, it helps you remember which side to start on next time — an important detail for maintaining supply balance. Second, over time it shows you whether your baby tends to feed more actively on one side, or whether session patterns differ between sides.

Frequency Patterns

How often is your baby feeding? MimiLog gives you the data to see this clearly: the total number of feeds in 24 hours, and the average gap between feeds. In the early weeks, pediatricians often recommend feeding at least 8-12 times per day. Having this number accurate — not guessed — is reassuring and useful.

Time-of-Day Patterns

When do most feeds cluster? Many breastfeeding babies cluster feed in the evening — multiple shorter feeds in rapid succession, often leading to a longer nighttime stretch. Logging reveals this pattern clearly, which helps you plan your evenings and understand why the baby seems so hungry in those hours.

Download MimiLog free on iOS and Android and start your breastfeeding log today — no account, no subscription, no ads.

Bottle Feeding Alongside Breastfeeding

Many families combine breastfeeding with bottle feeding — either pumped milk or formula supplementation. MimiLog handles this too. For bottle feeds, you log the amount in ml or oz, and the app tracks it alongside your breastfeeding sessions. If you're combination feeding or tracking your pumping output against bottle feeds, MimiLog keeps it all in one place.

What the Data Tells You Over Time

Here's what you might discover from consistent breastfeeding logging:

- **Feed duration trends:** In the first weeks, feeds are often long and frequent as supply establishes. By week 6-8, many babies become more efficient — the same milk intake in half the time. Seeing this in the data is reassuring.
- **Cluster feeding windows:** Many babies cluster feed predictably. Logging reveals

when this tends to happen, so you can plan around it instead of being surprised by it.

- **Supply signals:** If you notice your baby consistently feeds longer at certain times of day, that may indicate lower supply at those times — useful information for decisions about when to pump or supplement.
- **Total daily nursing time:** Some parents are surprised by how many hours per day they spend nursing in the early weeks. Seeing the actual number is both validating (you're not imagining how much work it is) and useful for understanding your own schedule.

Practical Tips for Breastfeeding Logging

- **Log before you latch, or immediately after.** The best time to record a feed is right when you start or right when you end. Don't wait — the details blur fast.
- **Keep the app within reach.** One-handed logging is essential for breastfeeding. MimiLog's interface is designed to work with a single tap, so you don't need to navigate menus while nursing.
- **Use notes for qualitative observations.** How did the feed go? Was the baby drowsy? Did it seem like a comfort feed? These notes add context that the data alone doesn't capture.
- **Don't stress about perfect logging.** A log with some gaps is still immensely more useful than no log at all. Even partial data reveals patterns.

Try MimiLog free — the best breastfeeding log app for privacy-conscious parents. Available on iOS and Android.

Privacy in Breastfeeding Logging

Breastfeeding data is intimate. It's information about your body, your feeding relationship with your baby, and your baby's nutritional intake. Most breastfeeding apps require account creation, which means this data goes to a server. Some apps share anonymized data with third parties or use it to target you with formula advertisements.

MimiLog stores everything locally. No server receives your breastfeeding logs. No company has access to your feeding data. It's private in the way a paper notebook is private — because it never leaves your possession.

Final Thoughts

Breastfeeding is demanding enough without adding cognitive load. A **breastfeeding log app** removes the mental overhead of tracking which side was last, how long ago the last feed was, and whether this cluster feeding evening is normal or a sign of something. It gives you the data to answer those questions accurately.

MimiLog does this simply, privately, and at no cost. Every breastfeeding session you log is a data point in a record that, over weeks and months, tells a complete story of your nursing journey.

Download MimiLog free on the App Store and Google Play. Start your

breastfeeding log today.

Cite as: Lubor Šimůnek (2026). *Breastfeeding Log App: Track Duration, Side, and Feeding Patterns with MimiLog*. AppStoryo, lapnito.cz s.r.o..
https://appstoryo.com/en/blog/breastfeeding-log-app-track-feeding-times
© 2026 lapnito.cz s.r.o.