

First Week Diaper Diary

1. Circle the hour closest to when your baby starts each breastfeeding.
2. Circle a **W** when your baby makes a wet diaper.
3. Circle a **P** when your baby makes a poopy diaper.

Some babies make more diapers each day than shown. This is great!

Sample Record for Day 4

Feedings: ⑫ 1 2 ③ 4 5 ⑥ 7 ⑧ 9 ⑩ 11 Noon ① 2 ③ 4 ⑤ 6 7 ⑧ 9 10 11

Wet Diapers: (W) (W) (W) (W) (W) (W)

Green or Yellow Poops: (P) (P) (P) P

In this sample, the baby had nine feedings, six wet diapers, and three poopy diapers. By Day Four, most babies breastfeed 8 to 12 times each day.

Birth Date: ____/____/____ Time: _____ AM PM

Birth Weight: _____ Discharge Weight: _____

Baby's weight at first doctor's visit: _____

Baby's weight at 2 weeks old: _____

Call your doctor, nurse, midwife, or breastfeeding helper if:

- Your baby is not making enough wet or poopy diapers
- There is dark colored pee after Day 3
- There is dark colored poop after Day 5

Day 1

Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W

Black Tarry Poops: P

Day 2

Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W

Black Tarry Poops: P P

Day 3

Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W

Green Poops: P P P

Day 4

Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W W

Green or Yellow Poops: P P P P

Day 5

Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W W W

Yellow Poops: P P P P

Day 6

Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W W W W

Yellow Poops: P P P P

Day 7

Feedings: 12 1 2 3 4 5 6 7 8 9 10 11 Noon 1 2 3 4 5 6 7 8 9 10 11

Wet Diapers: W W W W W W

Yellow Poops: P P P P

Diapers of the Breastfed Baby

Looking at a baby's poop can help you tell if your baby is getting enough milk.

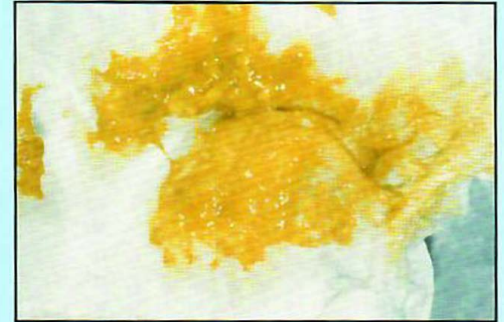
The baby's poop should change color from black to yellow during the first 5 days after birth.



The baby's first poop is black and sticky.



The poop turns green by Day 3 or 4.



The poop should turn yellow by Day 4 or 5.



Poop can look seedy.



Poop can look watery.



Illness, injury, or allergies can cause blood in poop. Call Doctor.



Babies make some large and some small poops every day.

Only count poops larger than this.

By Day 4, most breastfed babies make 3 or 4 poopy diapers every day.



Some babies have orange or red pee on Days 1, 2, and 3.

By Day 3 or 4, breastfed babies should make 3 or 4 wet diapers with pee that looks like clear water.

A wet diaper is as heavy as 3 tablespoons of water.

