A Breastfeeding Baby's
Diaper Guide

What goes in must come out.

Counting your baby's diapers is one way to tell if they are getting enough breast milk. You may also notice a change in the color of your baby's stool the first week after birth. This is normal.

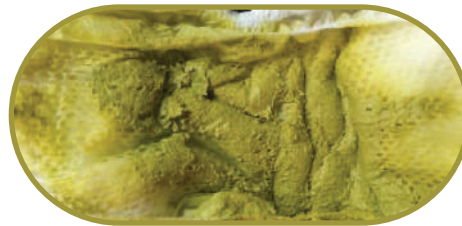## First Week Diaper Expectations

Any poop that is larger than the size of a quarter counts as 1 poopy diaper. Babies should have 3-4 yellow stools a day by Day 4 of life. They should continue having at least 4 stools a day until they are 4-6 weeks old. After this, it may be normal for babies to go several days without stooling.

Days 1-3 or 4

Black, sticky stools

Days 3 or 4

Green stools

Days 4 or 5+

Yellow stools (can also look seedy or watery)

They should have 4-5 clear, wet diapers per day by Day 4 of life. One wet diaper is the weight of 3 tablespoons of water in a clean diaper.

When to Contact Your Baby's Provider

Blood in the stools

Can be a sign of allergies or something more serious.

Blood in the urine

On day 1 or 2 of life could be normal. Sometimes this is caused by mom's hormones. It could also be a sign of something more serious.

Always call the baby's provider if you have questions or concerns about your baby's output.

WIC
Women Infants and Children

Breastfed Baby's
Diaper Tracker

Circle each time you breastfeed. Breastfeed at least 8 times in 24 hours.

Place a check on the wet diaper section each time your baby has a wet diaper.

Place a check on the poopy diaper section each time your baby has a poopy diaper.

The number of icons on each day indicates the **minimum number** of wet and dirty diapers baby should have that day. If they have more wet and dirty diapers, that is okay. You may add check marks as needed if your baby has more wet and dirty diapers than indicated.

💧 = Wet Diaper

= Black, Sticky, Poopy Diaper

= Green Poopy Diaper

= Yellow Poopy Diaper

Time	Day 1 Breastfeedings	Day 2 Breastfeedings	Day 3 Breastfeedings	Day 4 Breastfeedings	Day 5 Breastfeedings	Day 6+ Breastfeedings
12AM						
1AM						
2AM						
3AM						
4AM						
5AM						
6AM						
7AM						
8AM						
9AM						
10AM						
11AM						
12PM						
1PM						
2PM						
3PM						
4PM						
5PM						
6PM						
7PM						
8PM						
9PM						
10PM						
11PM						

Diaper icon counts (minimum per day):
- Day 1: 1 wet, 1 black poopy
- Day 2: 2 wet, 2 black poopy
- Day 3: 3 wet, 3 green poopy
- Day 4: 4 wet, 4 yellow poopy
- Day 5: 4 wet, 4 yellow poopy
- Day 6+: 6 wet, 4 yellow poopy