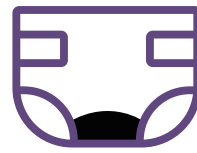


A Breastfeeding Baby's Diaper Guide



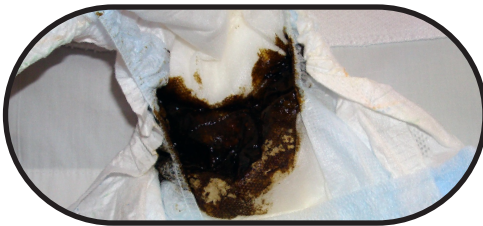
What goes in must come out.

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

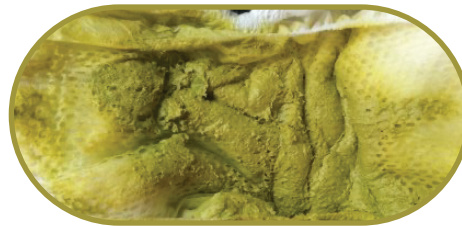
Any poop that is larger than the size of a quarter counts as 1 poopy diaper. Babies should have 3-4 yellow stools a day by Day 4 of life. They should continue having at least 4 stools a day until they are 4-6 weeks old. After this, it may be normal for babies to go several days without stooling.

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.

