#### 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+

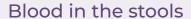


Yellow stools (can also look seedy or watery)



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



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.



# Diaper Trackei Breastfed Baby's

= Wet Diaper

= Black, Sticky, Poopy Diaper

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

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

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

The number of icons on each day indicates the **minimum number** of wet and dirty diapers

add check marks as needed if your baby has more wet and dirty diapers than indicated baby should have that day. If they have more wet and dirty diapers, that is okay. You may

= Green Poopy Diaper

= Yellow Poopy Diaper

Day 6+		Day 5		Day 4			Day 3			Day 2			Day 1				
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