

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 one week: _____

For breastfeeding help call: _____

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

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