

DIRECTIONS FOR FEEDING AND DIAPER DIARY:

- Circle the hour closest to when your baby STARTS each breastfeeding.
- Circle a W for every wet diaper. If you cannot tell if your baby is having wet diapers, lay a clean piece of tissue (toilet paper or Kleenex) in diaper.
- Circle a P for every poopy diaper that is at least a quarter in size.
Place an X through the circled P when the poopy diapers are a mustard yellow color.
- Your baby may have more wet or poopy diapers than shown, which is great!!

1 Day Old

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

Poopy Diapers: P

2 Days Old

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

Poopy Diapers: P P

3 Days Old

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

Poopy Diapers: P P P

4 Days Old

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

Poopy Diapers: P P P P

5 Days Old

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

Poopy Diapers: P P P P P

6 Days Old

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

Poopy Diapers: P P P P P P

7 Days Old

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

Poopy Diapers: P P P P P P

WEEK 2 – NO NEED TO CONTINUE WITH FEEDING AND DIAPER DIARY IF:

- Audible swallowing easily heard
- Breasts soften after feeding
- At least 5-6 wet diapers and 4 or more yellow poopy diapers each day (poopy diaper as frequently as every feeding is common).

8 Days Old

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
 Poopy Diapers P P P P

9 Days Old

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
 Poopy Diapers P P P P

10 Days Old

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
 Poopy Diapers: P P P P

11 Days Old

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
 Poopy Diapers: P P P P

12 Days Old

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
 Poopy Diapers: P P P P

13 Days Old

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
 Poopy Diapers: P P P P

14 Days Old

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
 Poopy Diapers: P P P P