

### 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: ② 1 2③ 4 5⑥ 7⑧ 9 ⑩ 11 Noon ① 2③ 4⑤ 6 7⑧ 9 10 11  
 Wet Diapers: (W) (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  
 Wet Diapers: \_\_\_\_\_ W \_\_\_\_\_ W \_\_\_\_\_  
 Green Poops: \_\_\_\_\_ 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  
 Wet Diapers: \_\_\_\_\_ W \_\_\_\_\_ W \_\_\_\_\_ W \_\_\_\_\_  
 Green or Yellow Poops: \_\_\_\_\_ 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  
 Wet Diapers: \_\_\_\_\_ 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  
 Wet Diapers: \_\_\_\_\_ 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  
 Wet Diapers: \_\_\_\_\_ W \_\_\_\_\_ W \_\_\_\_\_ W \_\_\_\_\_ W \_\_\_\_\_  
 Yellow Poops: \_\_\_\_\_ P \_\_\_\_\_ P \_\_\_\_\_ P \_\_\_\_\_ P \_\_\_\_\_