

# Chart Your Baby's First Feedings and Diapers (Is Your Baby Eating Enough?)

**How to use this chart:** You may want to track your baby's feedings, wet diapers, and bowel movements during the first week home.

**Feedings:** Put a check mark in the time box each hour baby breastfeeds or takes formula. For a breastfed baby, add an "S" next to the check if you heard your baby swallowing. Put an "R" or "L" under the check to remind you of the breast on which you began the feeding.

For a formula-fed baby, record the number of ounces taken.

**Wet diapers:** Put a check mark in the time box each hour you change a wet diaper. Urine should be pale yellow. A wet diaper should be heavier than a dry one.

**Bowel movements:** Put a check mark in the time box each hour your baby has a bowel movement. Under the check mark, note the color.

		Times	Mid-night	1	2	3	4	5	6	7	8	9	10	11	Noon	1	2	3	4	5	6	7	8	9	10	11
Day 1	Feedings (8 or more today)																									
	Wet diapers (at least 2 today)																									
	Bowel movements (at least 1 today)																									
Day 2	Feedings (8 or more today)																									
	Wet diapers (at least 3 today)																									
	Bowel movements (at least 2 today)																									
Day 3	Feedings (8 or more today)																									
	Wet diapers (at least 3 to 4 today)																									
	Bowel movements (at least 2 today; 3 or more if breastfed)																									
Day 4	Feedings (8 or more today)																									
	Wet diapers (at least 4 to 5 today)																									
	Bowel movements (at least 2 today; 3 or more if breastfed)																									



