

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 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
	Feedings (8 or more today)																								
Day 1	Wet diapers (at least 2 today)																								
	Bowel movements (at least 1 today)																								
	Feedings (8 or more today)																								
Day 2	Wet diapers (at least 3 today)																								
	Bowel movements (at least 2 today)																								
	Feedings (8 or more today)																								
Day 3	Wet diapers (at least 3 to 4 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 4	Wet diapers (at least 4 to 5 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								

	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
	Feedings (8 or more today)																								
Day 5	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 6	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 7	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 8	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 9	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 10	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								

	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
	Feedings (8 or more today)																								
Day 11	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 12	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 13	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
	Feedings (8 or more today)																								
Day 14	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
ľ	Feedings (8 or more today)																								
Day 15	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								
5	Feedings (8 or more today)																								
Day 16	Wet diapers (at least 6 today)																								
	Bowel movements (at least 2 today; 3 or more if breastfed)																								