



How do I tell if my baby is getting enough to eat?

Weight gain is the best way to tell if your baby is getting enough to eat. Tracking how many wet and poopy diapers your baby has can also be helpful.

Your baby may have some pale yellow, pink or red wet diapers and some black, brown or greenish poopy diapers in the first two to three days.

Baby's Average Diaper Output in the First 4 Weeks

Day	Wet Diapers	Urine Color	Poopy Diapers	Poop Color
1	Number will vary	Yellow/Pink/Red	Number will vary	Black
2	Number will vary	Yellow/Pink/Red	Number will vary	Blackish/Green
3	3 or more	Yellow/Pink/Red	3 or more	Greenish/Yellow
4	4 or more	Clear/Pale Yellow	3 or more	Greenish/Yellow, Seedy
5 to 28	6 or more	Clear/Pale Yellow	3 or more	Yellow, Seedy

Your baby's poop can look watery and seedy and at other times it will look more like cottage cheese. By day six, many breastfed babies will poop in almost every diaper. At least three or four of those diapers should have a large amount of poop - about the size of a golf ball, but soft and spread out. After 4-6 weeks, a baby may only poop a few times a week.



Day 1



Day 3-4



Day 5

Newborns often lose weight in the first couple days of life. Your baby should regain his birth weight by day 10-14. After he regains his birth weight, he should gain about 4 to 8 ounces a week. Be sure to see your baby's health care provider within 3-5 days of hospital discharge to make sure your baby is gaining weight. Use the First Week Daily Breastfeeding Log on page 11 of this book to track your baby's diapers. When your baby is four days old, complete the How do I know if breastfeeding is going well survey, on page 12.

