



Su M Tu W Th F Sa

(Your baby's name)

(Date)

Daily Feeding & Diaper Log

Feedings



Time	Amount	Duration	Notes	Cheat Sheet
:	oz.	min.		0-3 months • Expect 6 - 8 wet diapers with 2 - 4 stools. (Although some newborns might poop 6 times a day, the general guideline is at least 2 - 4 a day.) 3-5 months • Expect 5 - 6 wet diapers. While some babies will still poop 4 (or more) times a day, some might space it out to once a day, even skipping a day here or there. 6-12 months • Still 5 - 6 wet diapers. Some babies will pass bowel movements multiple times a day, while other babies might go once every 3 days. 12-18 months • You might notice dry periods of 2 - 3 hours in between diaper changings. Continue to make sure he or she has 4 - 5 wet diapers and passes a bowel movement at least every 3 days. 18-24 months • Start looking for signs that your baby is ready to take the big potty plunge. You may want to switch to potty training pants, cloth diapers or underwear so kids can better feel when they're wet.
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
:	oz.	min.		
	Total:			
	oz.			



Diapers

Simply check a box (or six) after each diaper change

Wet

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Poop

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____



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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Poop

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

How do I know that my baby is getting enough milk?

- You can tell your baby is getting enough milk by her weight gain and the number of diapers she uses.
- Most babies lose a few ounces in the first few days. After day 5, your baby should be gaining weight, getting back to her birth weight by 10 to 14 days of age.
- The chart shows the number of diapers your baby should use in the first week.
- It's okay if your baby uses **more** diapers than shown, but if your baby uses **less**, call your doctor.
- At 6 to 8 weeks, she may not have as many dirty diapers; this is normal. She will still have at least 5 wet diapers per day.

Circle how many diapers your baby uses:

Baby's Age	Wet Diapers	Dirty Diapers
1 Day old		
2 Days old		
3 Days old		
4 Days old		
5 Days old		
6 Days old		
7 Days old		