

Diaper Tracker

A simple way to check your baby's feeding is on track

Baby's Name _____

Date _____

Print a fresh copy each day. Diaper counts are one of the simplest ways to tell your baby is feeding well, especially in the first couple of weeks.

Time	Wet	Dirty	Notes (color, consistency)

Worth remembering. Expect at least one wet and one dirty diaper per day of life for the first four to five days, then six or more wet diapers a day after the first week. Stool color shifts from a sticky greenish-black (meconium) in the first days to yellow and seedy for breastfed babies, or tan and pasty for formula-fed babies. Four or fewer wet diapers in a day after day 4 is worth a call to your pediatrician.