

Diaper Chart for Breastfeeding Newborns

Is your baby eating enough?



How do you know if your newborn is getting enough to eat?

- Breastfeed your newborn baby 8-12 times or more in 24 hours. You can tell your baby is getting enough to eat by their weight gain and the number of diapers they use. Newborns will probably lose a few ounces in the first few days. Then, they will gain weight and get back to their birth weight by 2 weeks. Make sure to take your baby to their doctor appointments.
- Newborns will have plenty of wet and poopy diapers. Check the chart below for the smallest number of diapers each day for a breastfeeding baby.

	Wet Diapers	Poopy Diapers
1 Day old	1	1
2 Days old	2	3
3 Days old	3	3
4 Days old	3	3
5 Days old	3	3



Black, thick, and sticky



Greenish to yellow and less thick



Mustard or yellow, seedy and thinner



After day 5 your newborn will have at least 6 wet diapers and the number of poopy diapers will vary.



California Department of Public Health, California WIC Program
This institution is an equal opportunity provider.

1-800-852-5770 | MyFamily.WIC.ca.gov

10/23