

FULL TERM BABY

FEEDING AND OUTPUT THE FIRST WEEK

Day	# feeds	Length	# stools in	# wet
of	in of		24 hours	diapers in
Age	24 hours	feeds	(bowel movement)	24 hours
One	Some babies "graze" frequ	uently at the breast,	At least one	At <u>least</u> one
	others are disinterested.		meconium (sticky	(may be dark yellow)
			black or dark	
			green)	
Two	Some babies "graze" frequ	uently at the breast,	At least one	At <u>least</u> one
	others are disinterested.		meconium (sticky	(may be dark yellow)
			black or dark	
			green)	
Three	8-12 feeds, not always	As milk starts to change, feedings	At least one	At <u>least</u> three medium
	evenly spaced. Babies	become more defined. Most feeds	transitional (dark	yellow urines
	who have been sleepy	will be completed in under 1 hour.	green/brown) bowel	
	or not interested, should	May have periods of "cluster"	movement	
	show more interest in	feeding, 3-4 feeds bunched close		
	feeding together. Swallowing should now be			
		heard.		
Four	8 to 12	Same as day three	Two or more yellow	At <u>least</u> four or more
			seedy	heavily soaked
Five	8 to 12	Same as day three	Two or more yellow	At <u>least</u> five, more
			seedy	heavily soaked, pale
				yellow to clear
Six	8 to 12	Same as day three	Two or more yellow	Six to eight, and will
			seedy, May become	remain this way for
			less frequent after	many months.
			six weeks	
Seven	8 to 12	to 12 Same as day three		Six to eight, and will
			frequent after six	remain this way for
			weeks.	many months.

Your baby may not be getting enough after age 72 hours IF:

- Baby always needs to be wakened up to feed
- Baby goes on breast, quickly falls asleep, then wakens immediately after coming off your breast.
- No breast changes such as breasts getting fuller or milk leaving
- Baby never takes himself off the breast

Baby Record Sheet

- Use this form to help keep a record when your baby feeds, has a wet or dirty diaper.
- Breastfeeding babies will feed 8 to 12 times in 24 hours. Bottle fed babies will eat 6 to 8 times in 24 hours.
- Important to wake baby up to feed if they have slept for longer than 4 hours.
- Check the colour of your baby's skin once a day near a window.
- By day 3 your baby should have at least 1-2 wet diapers and least 1 dirty diaper.
- By days 4-6 your baby should have at least 5 or more wet diapers and 2-5 dirty diapers.

DAY 1

8 AM	9AM	10AM	11AM	12PM	1PM
2PM	3PM	4PM	5PM	6PM	7PM
8PM	9PM	10PM	11PM	12AM	1AM
2AM	3AM	4AM	5AM	6AM	7AM
Number of fe	eds in 24 hours	Nu	ımber of wet diaper	e in 24 hours	

Number of feeds in 24 hours	Number of wet diapers in 24 hours
Number of dirty diapers in 24 hours	Baby Skin Colour

DAY 2

8AM	9AM	10AM	11AM	12PM	1PM
2PM	3PM	4PM	5PM	6PM	7PM
8PM	9PM	10PM	11PM	12AM	1AM
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2AM	3AM	4AM	5AM	6AM	7AM

Number of feeds in 24 hours	Number of wet diapers in 24 hours
Number of dirty diapers in 24 hours	Baby Skin Colour

Number of dirty diapers in 24 hours	DAY	_				
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Baby Skin Colour _____

Number of dirty diapers in 24 hours_

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