



FULL TERM BABY
FEEDING AND OUTPUT THE FIRST WEEK

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

BC Nurse Line 604-215-4700

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 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
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 _____

DAY ____

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2PM	3PM	4PM	5PM	6PM	7PM
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Number of feeds in 24 hours _____

Number of wet diapers in 24 hours _____

Number of dirty diapers in 24 hours _____

Baby Skin Colour _____

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Number of feeds in 24 hours _____

Number of wet diapers in 24 hours _____

Number of dirty diapers in 24 hours _____

Baby Skin Colour _____

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Number of dirty diapers in 24 hours _____

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Baby Skin Colour _____

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For More Information, Please Refer to BABY'S BEST CHANCE, pg. 116 & 117