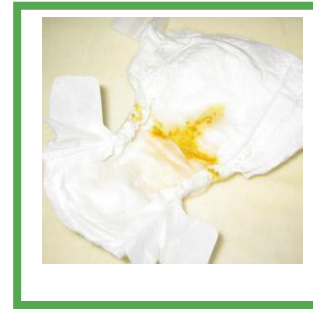


A Breastfeeding Baby's Diaper Guide



Wet diapers in 24 hours*			Poopy diapers in 24 hours*	
Day	# of Diapers	Color	# of Stools	Color/Consistency
Day 1	1	Pale	1	black, tarry/sticky
Day 2	2-3	Pale	1-2	green/black, changing
Day 3-4	3-4	Pale	At least 3	green/yellow, soft
Day 4	4-6	Pale	At least 3	yellow/seedy, soft/liquidy
Day 5+	6+	Pale	At least 4	yellow/seedy, soft
6 weeks	6+	Pale	May slow down to 1 every day or every few days	yellow/seedy, soft

Only count poops that are larger than a quarter.

A breastfed baby's stool will look different than a formula fed baby's or an adult's stools. It is normal for a baby to strain while having a bowel movement. (This is a new skill for them – they only started having bowel movements since they were born.)

- A breastfed baby's stools are usually soft or runny, bright yellow/gold and may have small white curds in them.
- Diarrhea will look like a large watery circle on the diaper with little fibrous content.
- Constipation is rare in breastfed babies. With constipation, the stool is hard and pellet-like.



24-Hour Breastfeeding Hotline
1-800-833-4642

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