



# How to Know Your Baby is Getting Enough Milk



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

**Tracking wet diapers and bowel movements will help you know if your baby is getting enough milk.**

Many babies, but not all, lose a small amount of weight in the first days after birth. Your baby's doctor will check his or her weight at your first visit after you leave the hospital. Make sure to visit your baby's doctor within three to five days after birth and then again at two to three weeks of age for checkups. You also can tell if your baby is getting plenty of milk by keeping track of the number of wet diapers and diapers with bowel movements.

Below is a sample chart showing the minimum number of wet diapers and bowel movements in a baby's first week (it is fine if your baby has more). Use the chart on the next page to track your baby's own wet diapers and bowel movements.

Baby's Age	Number of Wet Diapers	Number of Bowels Movements	Color and texture of Bowel Movements
<b>Day 1 (first 24 hours after birth)</b>	1	The first one usually occurs within 8 hours after birth	Thick, tarry and black
<b>Day 2</b>	2	3	Thick, tarry and black
<b>Day 3</b>	5-6	3	Looser greenish to yellow
<b>Day 4</b>	6 or more	3	Yellow, soft and watery
<b>Day 5</b>	6 or more	3	Loose seedy, yellow color
<b>Day 6</b>	6 or more	3	Loose seedy, yellow color
<b>Day 7</b>	6 or more	3	Larger amounts of loose seedy, yellow color

**Some babies will switch to less frequent but large bowel movements at about six weeks of age.**

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U.S. Department of Health and Human Services, Office on Women's Health



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Day 8			
Day 9			
Day 10			
Day 11			

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