



womenshealth.gov

1-800-994-9662

TDD: 1-888-220-5446

# How to Know Your Baby is Getting Enough Milk

**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
Day 1 (first 24 hours after birth)	1	The first one usually occurs within 8 hours after birth	Thick, tarry and black
Day 2	2	3	Thick, tarry and black
Day 3	5-6	3	Looser greenish to yellow
Day 4	6 or more	3	Yellow, soft and watery
Day 5	6 or more	3	Loose seedy, yellow color
Day 6	6 or more	3	Loose seedy, yellow color
Day 7	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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HEALTH TOOLS

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Day 1 (first 24 hours after birth)			
Day 2			
Day 3			
Day 4			
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Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			

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