

Tear-Sheet Toolkit



Early Days Diaper Log: The Bottom Line

(If it comes out, it must have gone in!)

COUNT ONLY POOPY diapers that have contents at least as big as the “okay” circle you make with thumb and forefinger. No need to count wet diapers. Poopy diapers tell more about how a baby is doing.

Circle the X when your baby has an “okay” poopy diaper.

If your baby is . . .	Expect at least this many “okay” diapers	
0–1 day old (first 24 hours) Black sticky poopy diaper	X	1
1–2 days old (second 24 hours) Brown sticky poopy diapers	XX	2
2–3 days old (third 24 hours) Greenish poopy diapers	XXX	3
3–4 days old (fourth 24 hours) Green to yellow poopy diapers	XXX	3
4–5 days old (fifth 24 hours) Yellow poopy diapers	XXX	3

My breastfeeding helpers:

Baby’s health care provider _____

My health care provider _____

Local La Leche League Leader _____

International Board Certified Lactation Consultant _____