Feeding and Diaper Chart

Keeping track of baby's feedings and diapers will help you and your baby's physician know how well your baby is breastfeeding.

- 1. Circle the hour closest to when your baby starts each breastfeeding.
- 2. Put a check for each wet diaper.
- 3. Put a check for each soiled (bowel movement) diaper.

Some babies will have many more wet and/or soiled diapers than the daily "goal". This is ok. If your baby has fewer wet and/or soiled diapers than the daily "goal" contact your baby's care provider immediately. For feeding difficulties or questions, call a lactation consultant www.ilca.org

Day 1	Details	Goal	Actual
Breastfeeding start time	12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11	+/- 8	
Wet Diapers	000000000000000000000000000000000000000	1	
Soiled Diapers	000000000000000000000000000000000000000	1	

Day 2	Details	Goal	Actual
Breastfeeding start time	12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11	8-12+	
Wet Diapers	000000000000000000000000000000000000000	2	
Soiled Diapers	000000000000000000000000000000000000000	2	

Day 3	Details	Goal	Actual
Breastfeeding start time	12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11	8-12+	
Wet Diapers	000000000000000000000000000000000000000	3	
Soiled Diapers	000000000000000000000000000000000000000	2	

Day 4	Details	Goal	Actual
Breastfeeding start time	12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11	8-12+	
Wet Diapers	000000000000000000000000000000000000000	4	
Soiled Diapers	000000000000000000000000000000000000000	3	

Day 5	Details	Goal	Actual
Breastfeeding start time	12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11	8-12+	
Wet Diapers	000000000000000000000000000000000000000	5	
Soiled Diapers	000000000000000000000000000000000000000	3	

Day 6	Details	Goal	Actual
Breastfeeding start time	12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11	8-12+	
Wet Diapers	000000000000000000000000000000000000000	6	
Soiled Diapers	000000000000000000000000000000000000000	4	

Day 7	Details	Goal	Actual
Breastfeeding start time	12 1 2 3 4 5 6 7 8 9 10 11 noon 1 2 3 4 5 6 7 8 9 10 11	8-12+	
Wet Diapers	000000000000000000000000000000000000000	6-8+	
Soiled Diapers	000000000000000000000000000000000000000	4-12+	