

This chart shows what to expect the first few days and weeks.

During the First 4 Weeks	Number of Breastfeeds	Number of Wet Diapers	Number of Poopy Diapers
Day 1	At least 6	Number of wet and poopy diapers will vary.	
Day 2	At least 8		
Day 3	At least 8	3 or more	3 or more
Day 4	At least 8	4 or more	3 or more
Day 5-28	At least 8	6 or more	3 or more

- Many babies breastfeed 12 or more times a day.
- Wet diapers should be clear or pale yellow by day 4.
- Poopy diapers should change from black to green to yellow by day 5.
- Babies should be back to birth weight by 2 weeks of age.