

Is your baby getting enough breastmilk?

You can tell if your baby is getting enough breastmilk by the number of wet and dirty diapers they have:

| Age | Wet diapers in 24 hours | Stools in 24 hours |
|--------------------|---|---|
| Birth–24 hours old | <ul style="list-style-type: none"> ▪ at least 1 small, wet diaper ▪ small amounts of dark orange or rusty looking urine | <ul style="list-style-type: none"> ▪ at least 1 meconium stool |
| 24–48 hours old | <ul style="list-style-type: none"> ▪ at least 2 small, wet diapers ▪ small amounts of dark orange or rusty looking urine | <ul style="list-style-type: none"> ▪ at least 1 meconium stool, each the size of the palm of your baby's hand or larger |
| 48–72 hours old | <ul style="list-style-type: none"> ▪ at least 3 wet diapers ▪ small amounts of dark orange or rusty looking urine | <ul style="list-style-type: none"> ▪ at least 3 black, green-yellow (transitional) stools, each the size of the palm of your baby's hand or larger |
| 3–5 days old | <ul style="list-style-type: none"> ▪ at least 4 large, heavy wet diapers every 24 hours ▪ amount of urine will increase and turn a light yellow and clear | <ul style="list-style-type: none"> ▪ Day 3: at least 3 black, green-yellow stools, each the size of the palm of your baby's hand or larger ▪ Day 4 and 5: at least 4 yellow, seedy stools every day, each the size of the palm of your baby's hand or larger |
| 6–7 days and older | <ul style="list-style-type: none"> ▪ at least 6 large, heavy wet diapers every day | <ul style="list-style-type: none"> ▪ at least 4 yellow seedy stools every day, each the size of the palm of your baby's hand or larger ▪ after 4 weeks, your baby's stools continue to be soft, yellow, seedy and easy to pass. After this, the frequency will vary with age. |