

2. Number of Wet and Soiled Diapers

MODULE 4

By counting the number of wet and soiled diapers, you can check if your baby drinks enough milk.

- at 1 day old has **at least** 1 wet diaper and **at least** 1 to 2 sticky dark green/black stools
- at 2 days old has **at least** 2 wet diapers and **at least** 1 to 2 sticky dark green/black stools. **
This is easier to notice urine in cloth diapers. A facial tissue can be placed inside disposable diapers, if you are not sure.
- at 3 days old has **at least** 3 **heavy** wet diapers and **at least** 3 brown/green/yellow stools. Occasional “red brick coloured” staining is normal until day 3.
- at 4 days old has **at least** 4 **heavy** wet diapers and **at least** 3 brown/green/yellow stools.
- at 5 days and older, as the milk supply increases, baby has **at least** 6 **heavy** wet diapers and **at least** 3 large soft yellow seedy stools per day.



A wet diaper is equivalent to 2 tablespoons or 30ml, and a heavy wet diaper is equivalent to 4-5 tablespoons or 60-75 ml.