Feeds and nappies: the first week

For a baby having only breastmilk. Tick one box for each feed, each wet nappy and each poo.

Baby's name _____

Day 1 date _____

	Day 1 date _____	**Day 2** date _____	**Day 3** date _____	**Day 4** date _____	**Day 5** date _____	**Day 6** date _____	**Day 7** date _____
Feeds 8 to 14 or more in 24 hours, about every 2 to 3 hours, including at night	at least 8 ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐	at least 8 ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐	at least 8 ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐	at least 8 ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐	at least 8 ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐	at least 8 ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐	at least 8 ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐
Wet nappies Heavy wet nappies count. Wee should be pale and mild-smelling.	at least 1 ☐☐☐☐ ☐☐☐☐	at least 2 ☐☐☐☐ ☐☐☐☐	at least 3 ☐☐☐☐ ☐☐☐☐	at least 4 ☐☐☐☐ ☐☐☐☐	at least 5 heavy *(or 6 very wet cloth)* ☐☐☐☐ ☐☐☐☐	at least 5 heavy *(or 6 very wet cloth)* ☐☐☐☐ ☐☐☐☐	at least 5 heavy *(or 6 very wet cloth)* ☐☐☐☐ ☐☐☐☐
Poos The colour to expect each day	black and sticky ☐☐☐ ☐☐☐	softer, still dark ☐☐☐ ☐☐☐	greenish-brown, then mustard-yellow ☐☐☐ ☐☐☐	greenish-brown, then mustard-yellow ☐☐☐ ☐☐☐	soft, yellow-mustard: *3 or more runny* ☐☐☐ ☐☐☐	soft, yellow-mustard: *3 or more runny* ☐☐☐ ☐☐☐	soft, yellow-mustard: *3 or more runny* ☐☐☐ ☐☐☐
Poo colour today	_____	_____	_____	_____	_____	_____	_____
Notes Weigh-ins, visits, worries	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____	_____ _____ _____

☐ **Bold boxes** mark the least to expect that day. Ticking more boxes is fine.

! Get help the same day

- **No wet nappy for 4 to 6 hours:** see a doctor right away or go to your nearest emergency department.
- **Dark, smelly wee, or a rusty orange-red stain after day 4:** check with your doctor.
- **Very sleepy or floppy, sunken eyes or soft spot, no tears when crying, or cold hands and feet:** call 000 or go to your nearest emergency department.

If you are in Australia: Breastfeeding Helpline **1800 686 268** (24 hours) · Pregnancy, Birth and Baby **1800 882 436** (7am to midnight AET)

Counts: Australian Breastfeeding Association, Feeds and nappies in the first week. When to get help: Pregnancy, Birth and Baby; ABA. Checked November 2026. General information only: your midwife's or doctor's advice for your baby comes first.

24-hour feed and nappy log

One line for every feed, top-up, expressing session and nappy change. Print one sheet for each day.

Baby's name _____

Date _____ **Day** _____ **of life**

Day starts at _____ : _____

Time	Breastfeed		Top-up or expressing		Nappy			Notes
	L min	**R** min	**mL**	**F or E**	**Wet**	**Dirty**	**Colour**	
Total	**Feeds**		**mL**		**Wet**	**Dirty**		

Breastfeed: minutes on each side.

Wet, Dirty: tick each one; write the poo colour.

F or E: F for formula, E for expressed breastmilk.

Day starts at: use the same time each day so the totals cover a full 24 hours.