

Handy Feeding & Elimination Table: The First 7 Days

Instructions: Circle the hour your baby nurses.

Circle W for wet diaper (urine). Circle S for soiled diaper (poop).

Day 1 Goal 6-8 feedings
Diapers: 1 wet, 1 soiled

12am 1 2 3 4 5 6 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11

W S (black, tarry)

Day 2 Goal 8-12 feedings
2 wet 2 soiled

12m 1a 2 3 4 5 6 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11

W W S S (black/brown)

Day 3 Goal 8-12 feedings
2 wet 2 soiled

12m 1a 2 3 4 5 6 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11

W W S S (green, yellow)

Day 4 Goal 8-12 feedings
4 wet 3 soiled

12m 1a 2 3 4 5 6 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11

W W W W S S S (yellow)

Day 5 Goal 8-12 feedings
5 wet 3 soiled

12m 1a 2 3 4 5 6 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11

W W W W W S S S (yellow)

Day 6 Goal 8-12 feedings
6 wet 4 soiled

12m 1a 2 3 4 5 6 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11

W W W W W W S S S S

Day 7 Goal 8-12 feedings
6 wet 4 soiled

12m 1a 2 3 4 5 6 7 8 9 10 11 12pm 1 2 3 4 5 6 7 8 9 10 11

W W W W W W S S S S