

SIGNS BREASTFEEDING IS GOING WELL

Pee & Poop Chart

Day 1	 <p>AT LEAST 1 Wet Diaper with Pale Yellow or Clear Urine</p>	 <p>AT LEAST 1 Poop Diaper Black & Dark Green</p>
Day 2	 <p>AT LEAST 2 Wet Diapers with Pale Yellow or Clear Urine</p>	 <p>AT LEAST 3 Poop Diapers Black & Dark Green</p>
Day 3	 <p>AT LEAST 5 Wet Diapers with Pale Yellow or Clear Urine</p>	 <p>AT LEAST 3 Poop Diapers Brown, Green, or Yellow</p>
Day 4	 <p>AT LEAST 6 Wet Diapers with Pale Yellow or Clear Urine</p>	 <p>AT LEAST 3 Poop Diapers Seedy Yellow</p>
Day 5 and Beyond	 <p>AT LEAST 6 Heavy Wet Diapers with Pale Yellow or Clear Urine</p>	 <p>AT LEAST 3 Poop Diapers Large, Soft & Seedy Yellow</p>