



Infant Elimination Record (IER)

The diaper of your newborn will change quickly in the first week of life. The changes help you to know if the feeding sessions are going well, regardless of how you choose to feed your baby. Speak to your doctor/ midwife/ nurse/ lactation consultant if you have any concerns or need assistance.

Baby's Age	Elimination Standards
1-2 Days	1 or more wet diapers per day 1 or more soiled diapers per day Normal: Dark green/ black" tar-like" stools called meconium
3-4 Days	3 or more wet diapers per day 2 or more soiled diapers per day Normal: Changing color and consistency of stools—brown/ green/ yellow "transitional stool"
5-6 Days	5 or more heavy wet diapers per day 2 or more soiled diapers Normal: May be quite watery – yellow stools
7 days and onward	6 or more wet diapers per day 2 or more soiled diapers per day Normal: Coin sized stools that are yellow, watery, and have a "seedy" appearance



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Babys Name:

Birthdate:

Birthweight:

Day	1 Date:	2 Date:	3 Date:	4 Date:	5 Date:	6 Date:	7 Date:
Pees	Example: 						
Poops	Example: 						

*Please remember that "one day" is 24hrs, not just a sleep-wake cycle for you.