babyneeds.pk

# Nappy Change Tracker

Tick each change. Counting wet and dirty nappies is a simple way to keep track in the early weeks.

Baby's name _____ Date _____

| Date | Time | Wet | Dirty | Notes (colour, rash, cream used) |
|---|---|---|---|---|
| | | ☐ | ☐ | |
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If you are worried about how many wet or dirty nappies your baby has, or about their colour, ask your doctor, midwife or health visitor.