

BABY'S POOP



- **WHAT IS IT?** Meconium is your newborns first poop, it contains what was consumed in utero
- **LOOKS LIKE** very dark brown, black or green and consistency is like tar
- **NORMAL?** Yes!

- **WHAT IS IT?** Transitional Stool 48-72 hours after baby born
- **LOOKS LIKE** Yellow and Dark brown string like mucus
- **NORMAL?** Yes!



- **WHAT IS IT?** Stool 72 hours after baby born, babies poo should be this if breastfeed
- **LOOKS LIKE** Yellow or custard like color
- **NORMAL?** Yes, for breastfeed babies

- **WHAT IS IT?** Poop from breastfeed and formula fed babies should look like this
- **LOOKS LIKE** Yellow seedy stool
- **NORMAL?** Yes, for all babies



- **WHAT IS IT?** Too much lactose from foremilk (first part of breast milk) instead of hind-milk
- **LOOKS LIKE** Watery green and yellow
- **NORMAL?** Talk to your doctor about possible diarrhea. Feed longer on one breast before switching.

- **WHAT IS IT?** Your baby feeding on whole foods.
- **LOOKS LIKE** brown with whole carnal foods
- **NORMAL?** Yes, purees and baby cereals are easier on babies digestive system

