



# Poop chart!

	Colour	Frequency & Consistency	Smell	Examples
<b>Newborn</b>	<ul style="list-style-type: none"> <li>Your baby's first poo will be black in colour, and thick and sticky in texture.</li> <li>On day two, you'll notice your baby's poo turn a greenish black, before turning a greenish brown colour on day three.</li> <li>Your newborn baby's poo will then settle into the more usual colours of brown, orange or yellow in the days and weeks ahead.</li> </ul>	<ul style="list-style-type: none"> <li>On average, your baby will poo four times a day!</li> </ul>	<ul style="list-style-type: none"> <li>Newborn baby poo is usually odourless.</li> </ul>	
<b>Breastfed</b>	<ul style="list-style-type: none"> <li>Brown, orange, yellow are all normal colours when it comes to breastfed baby poo.</li> <li>Your breastfed baby might even have the odd green poo! However, if this is happening regularly, speak to your HCP for advice.</li> </ul>	<ul style="list-style-type: none"> <li>If you're exclusively breastfeeding, you may find that your baby is pooping a lot in the early days - often doing so during or immediately after a feed.</li> <li>As they grow and develop, it's not unusual for breastfed babies to go for a week or sometimes longer without having a poo.</li> <li>In the first three months, breastfed baby poo is often looser and more liquid in consistency compared to formula fed baby poo.</li> </ul>	<ul style="list-style-type: none"> <li>Breastfed baby poo doesn't usually smell very much. It might even be poo-tastically sweet smelling!</li> </ul>	
<b>Bottle fed</b>	<ul style="list-style-type: none"> <li>Formula-fed baby poo is usually brown, orange or yellow in colour.</li> <li>Your little one's poo may be green if they're fed specialised formula milks for tummy troubles such as colic, or a cow's milk protein allergy.</li> <li>If your little one's poo is consistently green and they're not being fed a specialised formula, have a chat with your HCP.</li> </ul>	<ul style="list-style-type: none"> <li>Formula-fed babies can tend to poo less than breastfed babies.</li> <li>In the first few days, expect your baby to poo several times a day, settling down to an average of once a day after a few months.</li> <li>Formula-fed babies produce more formed poos than breastfed babies.</li> <li>If you change formula milks you may notice that the consistency and frequency of your baby's poo changes too, as they adapt to their new milk.</li> </ul>	<ul style="list-style-type: none"> <li>Formula-fed baby poo tends to be stronger smelling compared to breastfed baby poo.</li> </ul>	
<b>Weaned babies</b>	<ul style="list-style-type: none"> <li>Once your baby embarks on their weaning adventure, their poo will often turn a dark brown colour as they digest new foods and flavours.</li> </ul>	<ul style="list-style-type: none"> <li>After the age of one, your baby is likely to settle into a poo pattern of once or twice a day, although this will vary between individual babies.</li> <li>You may notice some undigested food in your baby's poo - don't worry, this is completely normal!</li> </ul>	<ul style="list-style-type: none"> <li>Your weaning baby is likely to create quite a stink! Once solid foods are introduced into their diet, the smell of your little one's poo will be stronger, depending on the foods they eat.</li> </ul>	
<b>Red flags</b>	<ul style="list-style-type: none"> <li>Speak to your HCP if your baby's poo is red, grey, white or black (unless you've got a newborn with meconium), as these are not normal colours for baby poo.</li> </ul>	<ul style="list-style-type: none"> <li>If your baby's poo is consistently hard and pebble like, this could be a sign of constipation, so it's best to speak with your HCP for advice.</li> <li>You should also seek advice if your baby's poos are runny or explosive, and more frequent than usual for them.</li> </ul>	<ul style="list-style-type: none"> <li>If your baby is consistently producing foul smelling poos, talk to your HCP.</li> </ul>	
<b>Medication</b>	<ul style="list-style-type: none"> <li>If your baby is taking iron supplements this can change the colour of their poo to a green or black colour.</li> </ul>	<ul style="list-style-type: none"> <li>If your baby is constipated a doctor may have prescribed laxatives, which will in most cases soften your baby's poo.</li> <li>Occasionally baby's on alginate medication used to thicken stomach contents, can produce harder or less frequent stools.</li> </ul>		