
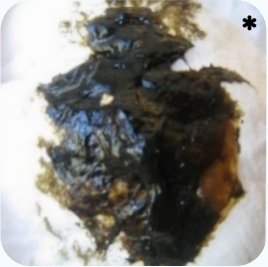
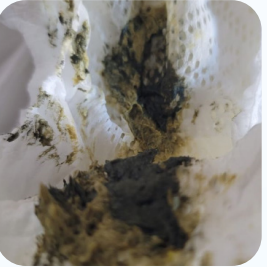




















Poop chart!

	Colour	Frequency & Consistency	Smell	Examples
 Newborn	<ul style="list-style-type: none">Your baby's first poo will be black in colour, and thick and sticky in texture.On day two, you'll notice your baby's poo turn a greenish black, before turning a greenish brown colour on day three.Your newborn baby's poo will then settle into the more usual colours of brown, orange or yellow in the days and weeks ahead.	<ul style="list-style-type: none">On average, your baby will poo four times a day!	<ul style="list-style-type: none">Newborn baby poo is usually odourless.	 * 
 Breastfed	<ul style="list-style-type: none">Brown, orange, yellow are all normal colours when it comes to breastfed baby poo.Your breastfed baby might even have the odd green poo! However, if this is happening regularly, speak to your HCP for advice.	<ul style="list-style-type: none">If you're exclusively breastfeeding, you may find that your baby is pooing a lot in the early days - often doing so during or immediately after a feed.As they grow and develop, it's not unusual for breastfed babies to go for a week or sometimes longer without having a poo.In the first three months, breastfed baby poo is often looser and more liquid in consistency compared to formula fed baby poo.	<ul style="list-style-type: none">Breastfed baby poo doesn't usually smell very much. It might even be poo-tastically sweet smelling!	  
 Bottle fed	<ul style="list-style-type: none">Formula-fed baby poo is usually brown, orange or yellow in colour.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.If your little one's poo is consistently green and they're not being fed a specialised formula, have a chat with your HCP.	<ul style="list-style-type: none">Formula-fed babies can tend to poo less than breastfed babies.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.Formula-fed babies produce more formed poos than breastfed babies.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.	<ul style="list-style-type: none">Formula-fed baby poo tends to be stronger smelling compared to breastfed baby poo.	  
 Weaned babies	<ul style="list-style-type: none">Once your baby embarks on their weaning adventure, their poo will often turn a dark brown colour as they digest new foods and flavours.	<ul style="list-style-type: none">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.You may notice some undigested food in your baby's poo - don't worry, this is completely normal!	<ul style="list-style-type: none">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.	  
 Red flags	<ul style="list-style-type: none">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.	<ul style="list-style-type: none">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.You should also seek advice if your baby's poos are runny or explosive, and more frequent than usual for them.	<ul style="list-style-type: none">If your baby is consistently producing foul smelling poos, talk to your HCP.	 
 Medication	<ul style="list-style-type: none">If your baby is taking iron supplements this can change the colour of their poo to a green or black colour.	<ul style="list-style-type: none">If your baby is constipated a doctor may have prescribed laxatives, which will in most cases soften your baby's poo.Occasionally baby's on alginate medication used to thicken stomach contents, can produce harder or less frequent stools.		