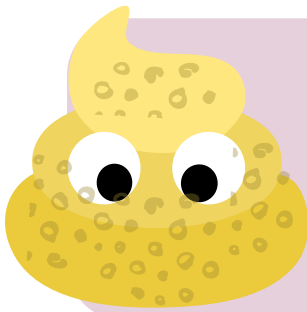
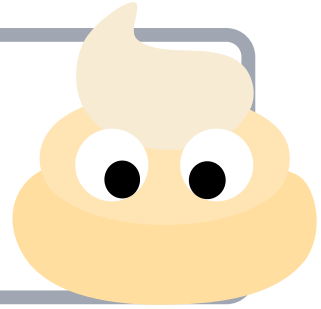


BABY POOP CHART



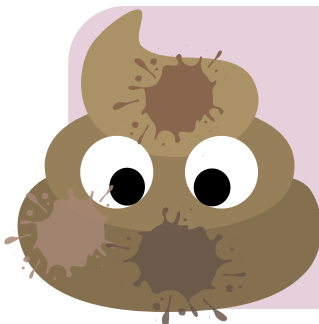
- **LOOKS LIKE** Molasses - black or green in color
- **WHAT** Baby's first poo, meconium, made of what was consumed in utero
- **NORMAL?** Yes, it's a sign everything is working properly

- **LOOKS LIKE** Custard or mustard - yellow and runny
- **WHAT** This is what the poo of a breastfed baby looks like
- **NORMAL?** Yes, it will continue to look like this until baby starts taking solid foods



- **LOOKS LIKE** Wholegrain mustard - dark yellow & grainy in texture
- **WHAT** Breastfed or bottle-fed babies' poo should look like this
- **NORMAL?** Yes

- **LOOKS LIKE** Dark mushy peas - greenish-brown
- **WHAT** This is what the poo of a breastfed baby looks like
- **NORMAL?** Yes, unless it's often and runny in texture - this could indicate diarrhea



- **LOOKS LIKE** Lumps of food
- **WHAT** When you first wean your baby, it will take time for them to adjust to digesting food
- **NORMAL?** Yes. Mashing foods can make it easier on their digestive system

- **LOOKS LIKE** Watery pea soup - green and frothy
- **WHAT** Result of too much lactose from foremilk instead of nutritious hind-milk
- **NORMAL?** Check with doc to rule out diarrhea. Ensure they're done feeding on one breast before moving on.

