

NEWBORN POOP

here's the scoop

Meconium

- The first bowel movements are typically thick, dark and sticky.
- Within a few days, these should transition to green and change in consistency.
- **TPM Pro Tip:** Coconut oil is great for wiping away sticky meconium

Color

- Dark brown, yellow or orange are all normal.
- Green can be normal, but can also be seen in babies who feed very fast or are getting extra foremilk eg, with oversupply or grazing (this sometimes causes mucus too)
- Call your pediatrician for stools that are red, white, or black (once baby is past the meconium stage)

Frequency

- There is a lot of variability!
- Some infants poop 10 times a day, others poop once every 10 days! Both can be ok!
- Many parents stress over poop frequency but the key is to focus on baby's comfort.

Consistency

- Breastmilk BMs are typically runny, and often have specks (they look like mustard).
- Formula fed babies have thicker stool (like peanut butter)
- Call your pediatrician if you see hard or pebble-like stool.

