

Feeding Problems

Poo – What is Normal?

What should my baby's poos look like?

- Your baby's first poo (or stool) will be made up of something called meconium. This is sticky and greenish/black.
- After a few days the poo will usually change to a yellow or mustard colour. Breastfed babies' poo is runny and tends not to smell as much as formula fed babies.
- Formula fed babies' poo is firmer, darker brown and more smelly. Ready-to-feed liquid formula will produce softer stools than powder formula feeds.
- Some infant formulas can also make their poo dark green. If you change from breast to formula feeding, you'll find your baby's poos become darker and more paste-like, sometimes a greenish/yellow colour.



How often should my baby do a poo?

- Some babies fill their nappies at or around every feed. Some, especially formula fed babies, can go for several days or even up to a week without a bowel movement (both are normal).
- It's also normal for babies to strain or even cry when passing a poo. Your baby isn't constipated as long as their poos are soft, even if they haven't passed one for a few days.



Is it normal for my baby's poos to change?

- From day-to-day or week-to-week your baby's poos will probably vary in texture and colour. If you notice a marked change of any kind, such as the poo becoming very smelly, very watery or harder, particularly if there's blood in it, you should talk to your doctor or health visitor.
- Pale poos may be a sign of jaundice. If you're worried, speak to your midwife, health visitor or call our careline.



IMPORTANT NOTICE: The best way to feed a baby is to breastfeed, as breast milk provides the ideal balanced diet and protection against illness for your baby and also many non-nutritional benefits for both baby and mother. We recommend that you speak to your healthcare professional when deciding on your choice of feeding your baby. Professional guidance should also be sought on the preparation for and maintenance of breastfeeding. If you do choose to breastfeed, it's important to eat a healthy, balanced diet. Infant formula is intended to replace breast milk when mothers choose not to breastfeed or if for some reason they are unable to do so. A decision not to breastfeed, or to introduce partial bottle-feeding, will reduce the supply of breast milk. If for any reason you choose not to breastfeed, do remember that such a decision can be difficult to reverse. Using infant formula also has social and financial implications which must be considered. Infant formula should always be prepared, used and stored as instructed on the label, in order to avoid risks to a baby's health.