

Newborn Poop: What to Know

What's in your baby's diaper can tell you a lot!

THE FIRST POOP (MECONIUM)

- Happens in the first 24–48 hours after birth.
- Black, sticky, tar-like.
- A sign baby's digestive system is functioning.

HOW POOP CHANGES IN THE FIRST WEEK

As feeding increases, poop will change:

- Black → greenish → yellow
- This transition is normal as baby begins digesting milk.

BREASTFED BABY POOP

Color & Texture:

- Yellow, sometimes brown.
- Loose, soft, or "seedy."

Frequency:

- Very often in the first 6 weeks.
- At least 3 times per day, often more.
- May poop after every feeding.

FORMULA-FED BABY POOP

Color & Texture:

- Tan, brown, or greenish.
- Thicker and more formed.

Frequency:

- Usually 1–4 times per day.
- Less frequent than breastfed babies.



The information in this brochure should not be construed as medical advice, nor is it intended to replace the individual care of a health care professional.

Newborn Poop: What's Normal?

Baby poop can vary a lot, and that is normal.



HOW OFTEN SHOULD BABY POOP?

- Babies may poop many times a day or go a few days between.
- If baby is feeding well and growing, this is normal.

HELPFUL TIPS

- Expect lots of diaper changes.
- Poop patterns often reflect how baby is feeding.
- Straining or grunting can be normal if stool is soft.
- Runny or large stools can sometimes leak out of the diaper.

OTHER SIGNS BABY IS WELL FED

- Steady weight gain.
- Regular wet diapers (urine output).
By day 5: 6+ wet diapers per day.
- Baby seems satisfied after feeding.
- Baby is alert and waking to feed.
- You can see or hear swallowing.

WHEN TO CALL YOUR PROVIDER

Contact your pediatrician if you see:

- Black (after the first few days), red (bloody), or white poop.
- Hard, pebble-like stools.
- Watery diarrhea or frequent mucus.
- Baby seems uncomfortable or is not feeding well.



When in doubt, trust your instincts and reach out to your health care provider for guidance.

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