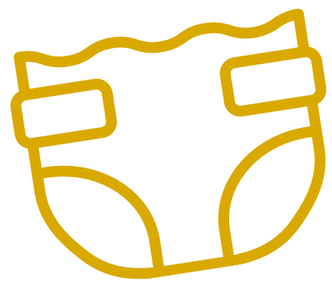
Everybody Poops

Normal Poop

What is normal poop?

Newborn poop changes within the first week of life from a dark, tarry black color to a mostly yellow color with small “seedy” lumps for breastfed babies or a brown/green color for formula fed babies with a soft/liquid consistency.

Remember, "anything yellow, brown, green or in-between" is normal.



Frequency & Consistency

Normally, breast fed or bottle fed infants have a wide range of pooping schedules. They can poop multiple times per day or as infrequent as once every 3 days. These should always be soft or liquid. A change in poop color, consistency, and smell normally occurs with introduction to new food. A single episode or short period of change to poop color or consistency can be normal if no other symptoms arise. Breast-fed infants can go 10-14 days between poops.

Monitoring Symptoms

Abnormal symptoms with pooping include: straining or painful poops, blood in the poop, hard or pellet-like poop, multiple poops with a white/pale color, or dark red/brown jelly-like poop.

If your infant has a hard, distended abdomen with increased fussiness or vomiting, this would be a reason to visit the Emergency Room.

Questions?

This sheet provides general advice and is not specific for your individual child. Always call if something seems off or if you have specific questions or concerns!

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