

the **BUMP**

Baby Poop

BRIGHT GREEN

GREENISH TAN

- 😊 Normal poop can be greenish tan.
- 😊 Can also signal teething or that baby is getting over a stomach bug.
- 🍼 Is baby also fussy at feedings and gassy? It could be a sign of an allergy to cow's milk in the formula.

- 🌀 If stool is frothy, it could mean that baby is getting too much foremilk, and not enough fatty hindmilk.

BRIGHT YELLOW

- 🌀 Could be a result of medications or food eaten by Mom.

MUSTARD YELLOW

- 😊 Normal for infants.

DARK GREEN

- 🍼 Iron in baby formula can sometimes darken baby poop—this isn't cause for concern.

WHITE

- 😊 Chalky, whitish or gray baby poop can be a sign the liver isn't functioning correctly. Call the pediatrician.

Color Wheel Chart

ORANGE

- 😊 Solid foods can result in orange-colored baby poop.
- 🌀 If Mom has been on medication or eats artificially colored foods (dyes may make their way into breast milk).
- 😊 Doesn't generally indicate problems, but if worried, call your pediatrician.

GRAY

- 😊 Eating solids? Poop may be gray depending on what your child eats.
- 😊 If baby hasn't started table food, assess, as it could indicate a liver or gallbladder problem.

BLACK

- 😊 Newborns: If stool is still black by day three, it may be a sign baby isn't getting adequate nutrition or digesting milk properly.
- 😊 Older baby: Could be caused by iron in diet, which is no big deal.
- 😊 If baby isn't taking an iron supplement, it could be a sign of GI tract bleeding. See a doctor.

RED

- 😊 Flecks of red are generally not a big deal. Red flecks might also appear if baby is constipated and straining too hard to poop.
- 🌀 Red may be tiny amounts of blood baby swallowed from cracks in your nipple.
- 😊 If baby is eating table foods, you may have to play diet detective to suss out any food culprits.
- 😊 Bloody or bright red stools may indicate an infection, allergy, GI injury or other medical concern—address immediately.

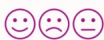
Feeding Methods



Formula-fed baby



Breastfed baby



All babies (breastfed & formula)

Just Brought Home a Newborn?

Healthy stools should be:



Yellow, seedy and runny



Darker and thicker