### Bowel Movements (Pooping)

**What’s normal?**

**Day 1: First few poops (“meconium”)**
- **How it looks** – thick, sticky, tar-like; black or dark green
- **How it smells** – no smell or mild odor
- **How often** – at least once or twice per day

**Days 3-4: Next poops (“transitional stool”)**
- **How it looks** – looser; brown, green or yellow
- **How it smells** – no smell or mild odor
- **How often** – at least 2 or 3 times per day

**Day 5 to week 3 and beyond**
- If your baby is breastfed:
  - **How it looks** – golden-yellow; soft and runny, lumpy or seed-like
  - **How it smells** – no smell or mild odor
  - **How often** – 3 or more times a day if small (the size of a loonie), or once a day if large, for the first few weeks. After the first month, once every few days or even just once a week.

- If your baby is fed formula:
  - **How it looks** – pale yellow to light brown; pasty, like pudding
  - **How it smells** – strong smell
  - **How often** – once or twice a day for the first few weeks. After the first month, every day or 2.

For information on diarrhea and constipation, see [Baby Medical Care](#).

<table>
<thead>
<tr>
<th>Day</th>
<th>How it looks</th>
<th>How often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>First few poops</td>
<td>At least once or twice per day</td>
</tr>
<tr>
<td>Days 3-4</td>
<td>Next poops</td>
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<td>Day 5 to week 3 and beyond</td>
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<tr>
<td></td>
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</tr>
</tbody>
</table>

### Urinating (Peeing)

**What’s normal?**

**Days 1-3:**
- **How it looks** – pale yellow; may be a pink or rusty-orange stain
- **How often** –
  - Day 1: 1 wet diaper
  - Day 2: 2 wet diapers
  - Day 3: 3 wet diapers

**Days 4-6:**
- **How it looks** – pale yellow
- **How often** –
  - Day 4: 4 wet diapers
  - Days 5-7: 5 wet diapers per day
  - After day 7: 6 or more wet diapers per day

### Diapering

#### BRAIN BUILDER
Chat with your baby as you change him. Let him know what you’re doing at each step.

### DID YOU KNOW
Your baby will go through a lot of diapers – 10 to 15 each day! Make diaper changes special by talking, singing and playing with him.

### SEEK CARE
If there’s a pink or rusty-orange stain in your baby’s diaper after the fourth day, feed her more often. Contact your health care provider or call HealthLink BC at 8-1-1 if the stain continues, if your baby’s pee is bloody or the colour of cola, or if there’s little or no pee for 6 hours or longer.

### TRY THIS
If you’re not sure if your baby has peed, feel whether her diaper is heavy, blot it with a tissue, or cut it open to feel if it’s wet inside.

### DID YOU KNOW
In rare cases, extremely pale poop in a newborn may be a sign of liver disease called biliary atresia. For the first month of your baby’s life, check the BC Infant Stool Colour Card given to you when you gave birth, and, if you’re concerned, email psbc@phsa.ca or call toll-free 1-877-583-7842.
Choosing diapers

Disposables
Pros:
✔ easy to use
✔ don’t need a waterproof cover
✔ no washing
Cons:
✘ cost more than cloth
✘ create a lot of garbage

Cloth
Pros:
✔ cost less than disposables
✔ better for the environment
✔ can be bought or homemade
Cons:
✘ may need a waterproof cover
✘ need washing or a diaper service

Flushable / compostable
Pros:
✔ no washing
✔ better for the environment
Cons:
✘ cost more than cloth

DANGER
If you use deodorizing tablets, keep your diaper pail out of reach of children.

HOW TO
Diaper your baby
1. Wash your hands with soap and water.
2. Put your baby on a flat surface, like a change table with side rails or the floor.
3. Keep one hand on him at all times.
5. Wipe your baby from front to back with a warm, wet washcloth or unscented baby wipe.
6. Pat him dry or let him air dry.
7. Wash your hands with soap and water.
8. Don’t use powder or cornstarch.

HOW TO
Wash cloth diapers
1. Fill your diaper pail ¾ full of water. Add ¾ cup of vinegar. Don’t use bleach.
2. Rinse any poop out into the toilet.
3. Add the diaper to the pail.
4. When the pail is full, empty it into the washing machine and spin out the water.
5. Wash in hot water filled to the highest water level. Run an extra rinse cycle.

DID YOU KNOW
In the first few days, it’s normal for girls’ genitals to be enlarged with a bit of bleeding or white discharge, and for boys’ scrotums to be red. Both boys and girls may also have swollen breasts or even leak milk.