

Pooping, Peeing and Diapering

Bowel Movements (Pooping)

What's normal?

Day 1 to 2: 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 to 4: Next poops (“transitional stool”)

How it looks – looser, brown, green or yellow

How it smells – no smell or mild odour

How often – at least 2 or 3 times per day

Day 5 to week 3 and beyond

If your baby is breastfed or chestfed:

How it looks – golden-yellow, soft and runny, lumpy or seed-like

How it smells – no smell or mild odour

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, then every day or 2 after the first month

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



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 (perinatalservicesbc.ca/Documents/Screening/BiliaryAtresia/BA_Stool_Card_Print_2023Jan.pdf) given to you when you gave birth, and if you're concerned, email psbc@phsa.ca or call toll-free 1-877-583-7842.

Urinating (Peeing)

What's normal?

Days 1 to 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 to 6:

How it looks – pale yellow

How often –

Day 4: 4 wet diapers

Days 5 to 7: 5 wet diapers per day

After day 7: 6 or more wet diapers per day



SEEK CARE

If there's a pink or rusty-orange stain in your baby's diaper after the fourth day, feed them 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 their diaper is heavy, blot it with a tissue or cut it open to feel if it's wet inside.

Diapering

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



BRAIN BUILDER

Chat with your baby as you change them. Let them know what you're doing at each step.

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

Compostable

Pros:

- ✓ no washing
- ✓ better for the environment

Cons:

- ✗ cost more than cloth and disposables



DID YOU KNOW?

In the first few days, it's normal for females' genitals to be enlarged with a bit of bleeding or white discharge and for males' scrotums to be red. Both may also have swollen breasts or chests or even leak milk.



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 them at all times.
4. Keep creams and pins out of reach. Give them a toy to keep them busy.
5. Wipe your baby **from front to back** with a warm, wet washcloth or unscented baby wipe.
6. Pat them dry or let them 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 $\frac{3}{4}$ full of water. Add $\frac{3}{4}$ 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.



DANGER

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

