

# Pooping, Peeing and Diapering

## 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](#).



### 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](mailto:psbc@phsa.ca) or call toll-free 1-877-583-7842.

## 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



### 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.

## 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.

## 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



### 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.



### 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.
4. Keep creams and pins out of reach. Give him a toy to keep him busy.
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  $\frac{3}{4}$  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.

