



Joanne Lozman

SLEEP CONSULTING

Baby

POOP CHART

# WELCOME!

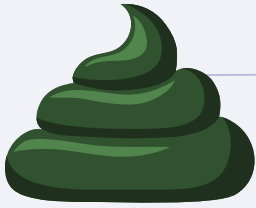
*I am Joanne*

*a certified sleep consultant and  
mother of two wonderful boys, Oscar and Isaac.  
As I have been a sleep deprived parent  
with my first son, I really want to help others  
by sharing my passion, experience and knowledge  
of children's development and learning.*



*Let's get started!*

# Baby poop chart



Looks like molasses - black or green in colour.

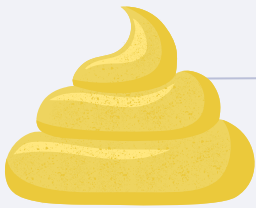
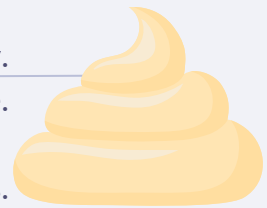
This is baby's first poo, meconium, made of what was consumed in utero.

NORMAL? Yes, it's a sign everything is working properly.

Looks like custard or mustard - yellow and runny.

This is what the poo of a breastfed baby looks like.

NORMAL? Yes, it will continue to look like this until baby starts taking solid foods.



Looks like wholegrain mustard - dark yellow & grainy in texture.

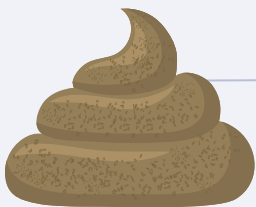
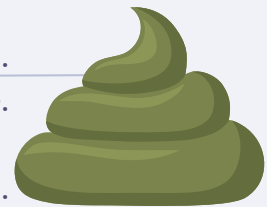
This is how breastfed or bottle-fed babies' poo should look like this.

NORMAL? Yes

Looks like dark mushy peas - greenish-brown.

This is what the poo of a breastfed baby looks like.

NORMAL? Yes, unless its often and runny in texture - this could indicate diarrhea.



Looks like lumps of food.

When you first wean your baby, it will take time for them to adjust to digesting food.

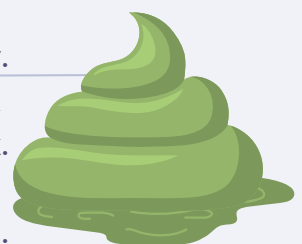
NORMAL? Yes. Mashing foods can make it easier on their digestive system

Looks like watery pea soup - green and frothy.

This is the result of too much lactose from foremilk instead of nutritious hind-milk.

NORMAL? Check with doc to rule out diarrhea.

Ensure they're done feeding on one breast before moving on.



*It's simple and intuitive,  
right?*

**Thank you** so much for downloading

**Joanne Lozman's**

## BABY POOP CHART

If you would like to talk  
a little bit more and  
**make a plan for your baby?**

Please book a free  
15 minute call here:

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15 MIN CALL](#)

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Want to learn more  
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and know what to expect?  
Check out the **latest article** on my

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