

Happy Baby, Happy Family

Poo Colour Chart

It may be hard to believe but many new mums' really do worry about the colour of their baby's poo... and actually it can tell you a lot.

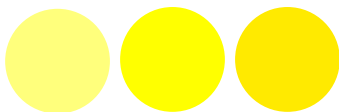
Black (Meconium Stool) from day 1 - 3

It is normal for your baby's first poo to be black to very dark green.



Bright Yellow Mustard from day 4+

These are typical of the colours you can expect but there are many more shades of yellow and mustard that are normal poos.



Darker Greeny/Yellow

Don't worry about mixed dark green and yellow poos.



Very Light Green

If it is a light coloured green poo that only stains the nappy have a chat with a health visitor or your doctor.

