

Normal nappies: What to expect

You can tell if your baby is getting enough breastmilk



Australian
Breastfeeding
Association

Day 1 0 to 24 hours



Babies will have about ½ teaspoon or so of colostrum at each feed.

You can expect to see:

Sticky green-black poo.

1+ wet nappy.

Day 2 24 to 48 hours



Babies will have about 1 teaspoon or so of colostrum each feed.

You can expect to see:

Soft green-black poo.

2+ wet nappies.

Day 3 48 to 72 hours



Breastmilk supply is increasing.

You can expect to see:

Poos change to a green-brown colour and are less sticky.

3+ wet nappies.

Day 4 72 to 96 hours



Poos become a lighter green-brown or may have changed to mustard-yellow which can be seedy or watery.

If 3 or less poos, seek help from a health professional skilled in breastfeeding.

4+ wet nappies.

Day 5 96 + hours



Breastmilk supply continues to increase to meet baby's needs.

You can expect:

Mostly mustard-yellow, soft or liquid poo 3 or more times every 24 hours.

5+ wet nappies.

Red-orange wet nappy



You may see red or orange stains (from urate crystals) on the nappy in the first few days. This is normal.

After day 3 this may be a sign that baby needs more breastmilk. Seek help from a health professional skilled in breastfeeding.

Watery poos



Watery poo can be normal. Watery poos at every feed that are green, frothy or explosive may mean that you have too much milk.

Talk to an ABA breastfeeding counsellor or lactation consultant for help.

Day 6+ you can expect to see:

- At least 5 heavy wet single-use (or at least 6 wet cloth) nappies in 24 hours. To learn what a 'heavy wet' nappy feels like you can pour 60ml of water into a clean/ new nappy, it's also about the same additional weight as a large egg.
- Clear or pale yellow wees that hardly smell.
- At least 3 poos in 24 hours until around 6 weeks of age.
- Older babies may have fewer, bigger poos.
- Poo smells OK and sweet when baby is only fed breastmilk.
- Giving other drinks or foods to baby will change the look and smell of their poos.

Please note: Pictures are a guide only. There is a wide range in normal patterns of wees and poos in newborns.

www.breastfeeding.asn.au

Frequently Asked Questions

How will I know that my baby is getting enough breastmilk?

- Baby has at least 5 heavy wet single-use (or 6 wet cloth) nappies in 24 hours. Wee is clear or pale yellow. To learn what a 'heavy wet' nappy feels like you can pour 60ml of water into a clean/ new nappy, it's also about the same extra weight as a large egg.
- Baby has at least 3 poos in 24 hours. Babies older than 6 weeks may have fewer poos.
- Baby's arms and hands relax when feeding.
- Baby is alert, acts hungry at times, is fussy at certain times of the day and acts satisfied after feeds.
- Your breasts become softer and lighter as you feed.
- You hear your baby swallowing when feeding.
- Your baby gains weight and grows in length & head circumference.
- If your milk supply is low there are things that can be done to increase it. Talk to an Australian Breastfeeding Association (ABA) breastfeeding counsellor or a lactation consultant.

How often do babies need to breastfeed?

- It is common for babies to breastfeed 8 to 14 times in 24 hours, and sometimes more.
- Some sleepy babies may need to be woken for feeds until they are more alert.
- Night feeds are important for making milk. Some babies need them for longer than others.
- Babies will show you they are hungry before crying. They may stick their tongue in/out, turn their head side to side with their mouth open, or put their hands to their mouth. It is easier to breastfeed a baby who is a little hungry than one who is very hungry.

What things can help breastfeeding go well?

- Skin-to-skin contact between you and your baby.
- Breastfeeding soon after birth.
- Good positioning and attachment of the baby at the breast.
- Feeding your baby when they show signs of wanting to be fed.
- Letting your baby suckle until they are full and let go of the breast.
- Asking for skilled help early on if things aren't going well.
- Avoiding bottle teats and dummies whenever possible.

What can I try if my baby is unsettled/ crying?

- Babies cry for many reasons. They may cry to tell us they are hungry, tired, lonely, need a nappy change, or are in pain.
- Feeding, changing nappy, holding baby upright, lying baby across knee, bathing baby or bathing with baby, massaging, rocking baby—perhaps in a pram, playing music or singing to baby, walking outside, riding in the car, using a baby carrier.
- Many babies are soothed by the sounds and smells of their mothers' bodies.
- Breastfeeding helps babies relax and many babies will go to sleep while feeding.

What do I need to know about breastfeeding?

- The more milk that is drained from your breasts the more milk you will make. Giving baby other drinks, including formula, will lower your milk supply.
- Learning to breastfeed takes time. Early problems can be overcome with support and information.
- Being around other mums who breastfeed can help you to learn. Attending one of ABA's In-person local group sessions or casual online events can provide quality support and connection. For details, see the ABA website.
- Most medications can be safely taken whilst breastfeeding. See the *Breastfeeding and prescription medications* article on the ABA website.
- It is not usually necessary to wean if you get sick.
- All mothers get tired regardless of how their baby is fed.
- According to the World Health Organization, breastmilk is all your baby needs for the first 6 months and still meets about half their needs by 12 months. It is normal for babies to breastfeed for 2 years or more. There are health risks with early weaning.
- It is possible to start breastfeeding again (relactate) after you have weaned.

Should breastfeeding hurt?

- In the early days, it is common for nipples to feel tender at the start of a feed.
- Breastfeeding should not be painful, and pain may be a sign that baby is not attached well at the breast.
- Seek help if you have nipple damage, pain that continues through the whole feed or between feeds, or severe pain.
- It is important to get help early on and keep seeking help until you can breastfeed in comfort.
- Call 1800 686 268 24/7 for support from an ABA breastfeeding counsellor, or seek help from a midwife or lactation consultant.
- In time, most mums find they enjoy breastfeeding.



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Breastfeeding Helpline
1800 mum 2 mum
1 800 686 268