

**Is your baby getting enough milk?**

To find out check the daily colour pattern of the dirty nappy

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| --- | --- | --- | --- |
| Day 1-2 | Day 3 | Day 4 |  Day 5-28 |
| Dirty1 or more dark green or black tar-like.‘meconium’ | Dirty2 or more changing in consistency to brownish, greenish or yellowish.‘changing’ | Dirty2 or more greenish/yellow, can be quite watery if breastfeeding.‘changing’ / ‘yellow’ | Dirty2 or more fairly heavily soiled. Yellow in colour; watery, mustardy or seedy in consistency.‘yellow’ |
| Wet2 or more per day. | Wet3 or more nappies – feel heavier. | Wet4 or more wet nappies | Wet6 or more heavy wet nappies. |

Your baby’s wet and dirty nappies are a good guide to letting you know if your baby is getting enough milk. Remember, not all babies are exactly the same.

If your baby is not having as many wet or dirty nappies as you think they should, please speak to your midwife or health visitor for help with feeding.

Pattern changes in dirty nappies

After about 4-6 weeks a breastfeeding baby may change the pattern of dirty nappies. They may go a day or several days between dirty nappies.

Breastfed babies do not become constipated but if the contents of your artificially-fed baby’s nappy are hard and dry, ask your midwife or health visitor for advice.

‘Brick dust’

Sometimes in your baby’s nappy you may see an orangey-pink residue from the bladder, which looks a bit like brick dust or face powder. This is usually nothing to worry about but may be a sign that your baby is not getting enough milk and needs a little more help with feeding; or it may be that your baby has not passed urine for a while.

Baby girls

Sometimes baby girls pass a little blood stained mucous from the vagina. This is normal and happens after birth due to hormonal changes in the baby.