

■ Understanding Breastfed Baby Poop

One of the most common questions parents have is about their baby's poop — especially when it comes to color, texture, and frequency. Here's what's normal and what might need a closer look.

■ What's Normal for Breastfed Babies

Breastfed baby stools are typically:

- Liquid, seedy, and yellow
- Sometimes green or a bit mucousy
- Never solid — that's completely normal

Small day-to-day changes in color or consistency are nothing to worry about. What matters most is the overall pattern: your baby's comfort, feeding, and growth.

As babies grow, they may poop less often. Some healthy breastfed babies only have a bowel movement once a day, or even every few days to a week. This happens because breastmilk is so well absorbed that very little waste is left behind!

■ Laxatives and Breastfed Babies

Because breastmilk digests so efficiently, laxatives are not needed — and can actually cause problems like diarrhea or severe diaper rash.

Laxatives are sometimes used for formula-fed babies because cow's milk or soy proteins can be harder to digest and cause constipation. But in breastfed babies, these products are unnecessary and can do more harm than good.

■ When Poop Seems Too Frequent or “Blow-Out”

If your baby is gaining weight quickly but has:

- Very frequent, large “blow-out” stools
- Excessive gas or reflux

...it may not be a digestion problem at all. It can be a sign of hyperlactation (oversupply) — when milk comes in faster than your baby can comfortably handle.

In this situation, adding formula to “firm up” stools won't help and may interfere with breastfeeding. The solution is to treat the oversupply, not change the milk.

■ When to Ask for Help

If your baby's provider recommends formula to make stools more solid, or if you're told to restrict your diet or switch to a special “elemental” formula, consider asking for a breastfeeding medicine consultation.

A breastfeeding medicine specialist can assess both you and your baby — because you are one system working together. When hyperlactation is treated, symptoms like reflux, gas, and loose stools usually improve without needing to stop breastfeeding.

■ The Bottom Line

- Soft, loose, or even runny stools are normal for breastfed babies.
- Focus on your baby's comfort and growth, not day-to-day stool changes.
- Seek expert breastfeeding help before making changes to feeding or starting formula.

Your milk is designed for your baby — and your baby's poop is one of the many signs that their body is doing exactly what it's supposed to. ■

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