

# Little Bottoms

## Poos, Wees and nappies



When you have a baby, you spend lots of time changing their bottom.

Here you will find some great information.

### Handy Tips!

Wash your hands before and after you change Baby's nappy

Looking at Baby's nappy can tell you a lot about Baby's health

Carry a spare couple of nappies everywhere you go with Baby.



# Cloth or Disposable?

It's really up to you, here are some facts to help you make up your mind

Disposable nappies are more convenient.

Modern cloth nappies with a cover can hold Baby's wee and poo just as well as disposable nappies.

Don't use fabric softer on cloth nappies, it can cause rashes.

Cloth nappies, in the long term, are less expensive, but more time is taken to clean, wash and dry them.

Disposable nappies help prevent nappy rash as they draw wetness away from the skin.

# Is my baby's poo

## normal?

From the start.....

Baby's first poo after birth is a dark green-black sticky poo, this is normal.

The poo will change over the next few days to a lighter colour.

## BREAST IS BEST

If Baby is breastfed, poo will be soft, unformed and a little yellow/orange in colour, it could also be a bit greenish.

It could also shoot out and look frothy.

You could have up to 7 nappy changes per day.

After a few months this may settle to once or twice a day.

Breastfed Baby's have sweet smelling poo. It will become smelly when baby starts on other foods like solids.

It may even look like the food baby ate. Remember, solids are introduced at 6 months old.

If you have to bottle feed

Bottle-fed babies may have firmer poo and less nappy changes.

They can vary in colour and be greyish-yellow, grey-blue or brown.

Changes in formula may change the poo colour.



# Is my baby constipated?

Babies may do the following...

- go red in the face
- Grunt, cry or strain

....then pass a soft poo

This can be normal, it's just a way Baby uses all their body to poo.

Baby is constipated if ....

- Poo is dry and hard like pebbles.
- Poo is difficult to pass.
- Baby is very upset.
- There may be some blood in the nappy.

If this happens, speak to your doctor or Health Worker.

# Does my baby have diarrhoea

It is normal for babies to have lots of runny poo's. Diarrhoea is different and is a sign that baby is sick.

Look out for the signs:

- Poo is very runny and watery.
- Baby may not want to eat.
- Baby may vomit.

If this happens, take baby straight to the doctor or go to



How many wet nappies will there be?

Young babies may pass urine very often.

There are less wet nappies as Baby gets older.

Lots of wet nappies is good, it means Baby is drinking enough and not dehydrated.

Disposable nappies will absorb more urine than cloth nappies.



# What is nappy rash

Baby's wee is usually very clean, but if left for a while, can get smelly.

This irritates Baby's skin  
and this can cause nappy rash

remember to change Baby's  
nappy regularly

And wash baby's skin.

# How do I avoid Nappy rash

All babies are different, some get nappy rash easily and others get few rashes.

Here are some handy nappy rash hints;

- Change nappies as soon as they are wet or dirty.
- Clean Baby's bottom with a clean, damp cloth.
- Take nappy off and let Baby play. Fresh air is good for the skin on little bottoms.





- Use nappy cream or zinc cream after Baby has been wiped, this keeps the wetness off the skin.
- Disposable nappies help draw the wetness away from Baby's skin

## About Thrush

Thrush is a yeast infection that can grow in the nappy area. It looks red with white spots. This is uncomfortable for baby and makes them grumpy. Go to your Doctor or the child health nurse or Health Worker for a special

## Who is here to help?

Clinic details:



### Ngala

Early Parenting Services

Tel

1800 111 546

08 9368 9368

### Poison Information Centre

24 hour service

Tel

13 11 26

