

# Your Guide to Toddler Poop

## Colour



### **BROWN POOP**<sup>1</sup>

Browns of many different shades are normal for toddlers and should not be worried about unless accompanied by a change in poop consistency, such as diarrhea.



### **YELLOW POOP**<sup>1</sup>

Yellow poop is normal for toddlers and usually isn't a concern unless the consistency changes. However, pale yellow poop can indicate a liver blockage. If this occurs, consult a doctor immediately.



### **GREEN POOP**<sup>2</sup>

Green poop in toddlers is usually normal and often caused by bile or foods like green Jell-O, fruit snacks & leafy vegetables. However, dark green poop can be mistaken for black poop, which is important to differentiate since black poop may indicate digestive tract bleeding.



### **RED POOP**<sup>1</sup>

Red poop in toddlers can be caused by foods like beets or artificial juice and is usually harmless. However, it can also indicate gastrointestinal bleeding, especially if bright red. If not food-related, see a doctor.



### **BLACK POOP**<sup>1</sup>

Black poop in toddlers can result from certain foods or medications but often indicates bleeding in the digestive tract. If not food-related, consult a doctor.



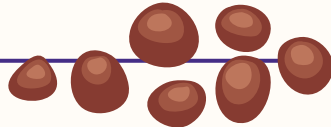
### **WHITE POOP**<sup>1</sup>

In rare cases, white, grey, or pale yellow poop can indicate a liver blockage. See a doctor immediately to prevent permanent liver damage.

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## Consistency

Toddler poop consistency can be rated based on the Bristol Stool Form Scale. Studies show that about **10.5%** of children aged 0 to 4 experience hard poop, while about **6%** in this age group experience soft poop.<sup>3</sup>



### HARD POOP (TYPE 1 AND 2)

Hard poop, which may resemble a bunch of grapes or rabbit droppings, is difficult to pass and could indicate that your toddler has constipation.



### FORMED POOP (TYPE 3 AND 4)

Formed poop, which may resemble corn on the cob or sausage, is ideal and should be easy to pass.



### LOOSE POOP (TYPE 5)

Loose poop may resemble chicken nuggets. It has clear-cut edges and is passed easily.



### DIARRHEA (TYPE 6 AND 7)<sup>4</sup>

Diarrhea, which may resemble porridge or gravy (liquid with no solid pieces), could be an indication of a gastrointestinal infection, a high-sugar diet, food allergies, lactose intolerance, or intestinal problems like celiac disease or inflammatory bowel disease.

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## Tips

Generally, children poop less often as they get older. This is likely due to a variety of factors, such as how often they eat, what they eat, changes in their gut microbiota, and changes in stomach emptying time.

### HOW OFTEN SHOULD YOUR TODDLER POOP?

- Kids aged 0 to 4 poop on average about **11 times per week.**<sup>5</sup>
- Ideally, children should have **at least one soft bowel movement daily.**<sup>4</sup>
- A child is considered constipated if they poop fewer than 3 times per week.

### FOODS TO HELP CONSTIPATION

- Apples
- Pears
- Berries
- Banana
- Sweet potatoes
- Carrots
- Peas
- Broccoli
- Oatmeal
- Whole grain bread



### FOODS TO HELP DIARRHEA<sup>6</sup>

- Baked meat, fish, or poultry
- Cooked eggs
- Bananas
- Applesauce (unsweetened)
- Bread made from white flour
- Pasta or white rice
- Cream of wheat
- Baked potatoes
- Cornflakes
- Jell-O



Diarrhea can be caused by many things, such as a gastrointestinal infection, a high-sugar diet, or antibiotics. To prevent antibiotic-associated diarrhea, consider giving your toddler a **probiotic** designed to prevent it.<sup>7</sup>

1. <https://www.hopkinsmedicine.org/childrens-center/what-we-treat/specialties/gastroenterology-hepatology-nutrition/stool-color-overview>  
 2. <https://www.seattlechildrens.org/conditions/s-z/stools-unusual-color/>  
 3. <https://pubmed.ncbi.nlm.nih.gov/37331467/>  
 4. <https://health.choc.org/your-childs-poop-an-ultimate-guide/>  
 5. <https://pubmed.ncbi.nlm.nih.gov/37331467/>  
 6. <https://www.mountainai.org/health-library/selfcare-instructions/when-your-child-has-diarrhea>  
 7. <https://www.culturelleprobiotic.ca/products/kids-health/probiotic-chewables>