

How do I know if my baby is well?

Congratulations on the birth of your baby!

This leaflet aims to answer any questions you may have about your baby's health during the first few days after his/her birth and what you should do if you suspect your baby may be ill.

Here are some characteristics of a healthy baby:

- He/she should have a normal colour for his/her ethnicity.
- He/she should feel warm (to assess this feel your baby's tummy and/or on the back of his/her shoulders).
- The inside of your baby's mouth should be reddish/pink.
- Your baby should have good muscle tone (on picking the baby up, the baby is not floppy).
- After 12-18 hours your baby will start to wake regularly for feeds, suck and cry when hungry or uncomfortable.
- Nearly all babies will have passed urine within 24 hours.
- Most babies pass a black tarry stool called meconium within 24 hours.

Recognising signs of serious illness

Here are some signs that could indicate that your baby is ill. If you think that your baby has any of the following signs or you are concerned about your baby, do not hesitate to ring your GP (doctor). A GP is available 24hours a day if you are worried that your baby...

- **Looks pale.**
- **Does not feed regularly (at least 6-8 times a day, although most breastfed babies will feed more frequently, 8-12 times a day,) after 12-18 hours.**
- **Vomits large amounts of feed regularly and/or the vomit is green in colour.**
- **Has not passed urine within 48 hours.**
- **Has not passed meconium within 24 hours.**

In an emergency situation, call 999 and ask for an ambulance:

Call for an ambulance for help if your baby:

- **Is floppy when you pick him/her up.**
- **Feels hot and his/her temperature is 38 degrees or above or baby's temperature is low i.e. 36° degrees or less.**
- **Has difficulty breathing, fast breathing, grunting while breathing, or if your child is working hard to breathe, for example, sucking their stomach in under their ribs.**
- **Has a high pitched or feeble cry.**

For further information:

Go to: www.royalberkshire.nhs.uk/maternity find the postnatal advice booklet by clicking on patient information

<http://www.nhs.uk/Planners/birthtofive/Pages/Recognisingsigns.aspx>

This document can be made available in other languages and formats upon request.

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