FOR THE FIRST WEEK OF LIFE

Is your newborn baby well?

A healthy newborn baby should have pink lips and a pink tongue. They should also have an underarm temperature between 36.5°C and 37.2°C (similar to yours). They should pass urine (wee) and open their bowels (poo) at regular intervals. A healthy newborn:

» feeds frequently (8–12 times in 24 hours)
» is quietly alert when they are awake and responds to your voice or noises around them
» will breathe a little more quickly than you with occasional short pauses
» let you know they are struggling and need help when their colour changes, or they cry, wriggle or tremble.

---

Is your newborn baby sick?

If your baby:

» stops breathing or goes blue
» has a fit/convulsion/seizure (twitching or jerking movements of eyes, mouth, arms or legs)
» cannot be woken
» is not taking any notice of loud noises, a bright light shone in his eyes or gentle pinch on the arm.

---

Within the first week of life

If your baby has:

» not fed for more than 6 hours
» not had a wet and/or dirty nappy
» yellow looking skin
» eye, mouth, arm or leg movements that appear twitchy or jerky
» body, head, neck, arms and legs that appear floppy
» breathing that is really fast and they are making grunting noises
» an unusual cry (e.g. weak, high-pitched, moaning or painful cry)
» blood in their poo
» skin that seems very pale or is turning yellow
» stomach (tummy) or the bottom of their chest draws in with each breath
» vomiting a lot (more than half the feed after every one of the last three feeds)
» vomit is not clear, milk or pale yellow colour

Clear  Milk  Pale Yellow  Mustard  Green  Green  Green  Green  Blood

OR

» your instinct tells you something is wrong.

---

Action

In hospital

Immediately inform your midwife or doctor and press the call-assist button

At home

Phone 000

---

Action

In hospital

Inform your midwife or doctor

At home

» Maternal & Child Health Line
  Phone 13 22 29
» 24 hour Nurse-on-Call
  Phone 1300 60 60 24
» See your local doctor (GP)
» Attend a Hospital Emergency Department
» If urgent phone 000

Especially in the first 24 hours of life

* Please note: When viewed on screen and/or downloaded and printed, the colours in the chart may vary depending on your device settings.

Acknowledgement: Baby Check is your baby really ill? This resource was developed to help you decide whether your baby needs a doctor. D18-001