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 36.8°C and 37.3°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 poop
- 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

<table>
<thead>
<tr>
<th>Clear</th>
<th>Milk</th>
<th>Pale Yellow</th>
<th>Mustard</th>
<th>Green</th>
<th>Green</th>
<th>Green</th>
<th>Green</th>
<th>Blood</th>
</tr>
</thead>
</table>

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

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