



# 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.



## Action

### In hospital

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

### At home

Phone **000**

## 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



**Especially in the first 24 hours of life**



## 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**

Clear	Milk	Pale Yellow	Mustard	Green	Green	Green	Green	Blood
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OR

- » your **instinct tells** you something is wrong.

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