

## Fact Sheet

### Signs of a well baby

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#### How will I know my newborn baby is well?

- baby appears healthy - normal colour, alert and active when awake, and is waking for feeds
- 2-3 wet nappies a day in the first 3-4 days, then at least 5 wet nappies a day
- 1 - 2 soft bowel motions/day
- baby is feeding at least six times/day, most will feed at least 8 -12 times a day
- baby is putting on weight after the weigh check on day 3 or 4. Most babies are back to their birth weight by 2 weeks of age
- baby is breathing easily, about 40 – 60 times a minute.



#### Signs of concerns in the first week

When a baby is not well you may find there is a change in the way the baby behaves. The change may be sudden or you may notice a gradual change. The following signs and behaviour may be a concern. If your baby:

- is sleeping a lot, not waking and demanding feeds or may wake for feeds but tires easily and is not as active and alert as usual when awake or feeding

- is unusually irritable.
- may have a dry mouth and skin
- may have fewer wet and dirty nappies and the urine may appear as a dark yellow staining on the nappy
- has a change in his/her skin colour and become pale or mottled over the baby's body (not just hands and feet)
- may feel hot or cold - temperature is higher than 37.5C or less than 36.5C
- may appear to have difficulty breathing, be panting, make grunting noises or the chest wall appears to be sucked in with each breath
- abdominal distension or excessive vomiting.

#### If you are concerned about your baby, you may

- take your baby to your local doctor
- take your baby to the emergency department of your local hospital. If Westmead is your local hospital, it is best to take your child to Westmead Children's Hospital next door
- call an ambulance if you consider it is an emergency 000
- additional services are listed on the back of your baby's My personal health record.

**We welcome further feedback on this brochure as a way on continually improving our service.**

**Send your feedback to:**

wslhd-wmdwnhwebsite@health.nsw.gov.au

