

# Checking that your baby is well

## A guide to your baby's first two weeks

	 <p>Happy</p>	 <p>Not sure</p>	 <p>Unhappy</p>
<p><b>Temperature:</b> Try putting the back of your hand on your baby's tummy, this will tell you if they are hot or cold.</p>	Your baby should feel warm to touch.	If your baby feels hot or cold try adding or removing a layer of clothes or blankets.	Seek immediate advice from your doctor if your baby feels hot after you have removed some layers OR If your baby is persistently cold, they may be unwell.
<p><b>Muscle tone and activity:</b> In the early days your baby might have some involuntary movements. It is common for them to sneeze, stretch and hiccup.</p>	They will be able to grasp your hand and will enjoy touching and stroking.	Your baby should never be floppy or stiff. They might be unwell if they dislike being cuddled and do not like bright lights. Call a doctor if this applies to your baby.	
<p><b>Colour and jaundice:</b> Some babies may become yellow and this can be a sign of a condition called jaundice. About 50% of newborn babies can develop jaundice.</p>	Your baby should be a normal skin tone. Babies may have hands and feet that are blue for about 24 to 48 hours after birth.	If your baby is yellow but waking for feeds, feeding well and having wet and dirty nappies contact your midwifery team who will monitor your baby closely.	Call a midwife if your baby isn't feeding well, is floppy, sleepy and not having wet and dirty nappies. They will need to assess your baby today.
<p><b>Eyes:</b> It is normal for babies to have poor control over their eyes and appear cross eyed at times. Eyes look grey – blue, or brown in colour. They will develop their eye colour from six to 12 months.</p>	Your baby can have a small amount of discharge from their eyes. This is normal and needs to be cleaned with cool boiled water and cotton wool.	If there is a lot of discharge clean your baby's eyes regularly and contact your midwifery team.	If your baby's eyes look red and swollen call your doctor. This could be a sign of infection.
<p><b>Mouth:</b> If your baby's mouth is moist it means he/she is feeding well. You might even notice a blister on their top lip, this is normal.</p>	A white tongue is normal after a feed.	If you see white spots in your baby's mouth which do not disappear in between feeds, contact your midwife or GP.	If the mouth is dry and your baby isn't feeding well. Call a midwife straight away.

Happy



Not sure



Unhappy



<p><b>Feeding:</b> The frequency with which your baby feeds changes over time, please discuss this with your midwife. If you are breastfeeding, please refer to your breastfeeding diary, as this will give you a day by day guide to feeding your baby.</p>	<p>A well fed baby will be content during and after a feed and have wet and dirty nappies.</p>	<p>If you have any feeding concerns call your postnatal co-ordinator who will contact your midwifery team or visit a breastfeeding support group today.</p>	
<p><b>Wet and dirty nappies:</b> The contents of your baby's nappy changes from day to day in the beginning. You should expect:</p> <ul style="list-style-type: none"> <li>• Day one to four: Baby's nappies are usually black/green in colour. It can look like thick tar or marmite!</li> <li>• Day four to seven: Your baby's nappies will start to change colour from black/green to yellow.</li> <li>• Day seven onwards. A baby's nappy will be yellow. It will be soft and seedy if you are breastfeeding or look like play dough if your baby is formula fed.</li> </ul>	<p>Babies will normally have several wet nappies a day.</p> <p>Some baby girls can have a small bleed or a discharge from their vagina.</p> <p>You may even notice a yellow or dark orange urine stain in the nappy. This is normal.</p>	<p>If you are worried that your baby has not passed much urine (wee) you should feed them frequently.</p> <p>Put a little cotton wool in their nappy and you will know if they have passed urine.</p>	<p>Let the midwife know today if they haven't passed much urine.</p> <p>Your baby may be constipated if they are struggling to poo. Inform your midwife or health visitor for further advice.</p>
<p><b>Cord:</b> The umbilical cord will start to dry out and will usually fall off by the time your baby is two weeks old. The cord needs cleaning with cool boiled water and drying afterwards.</p>	<p>The cord can be sticky underneath, this is normal.</p>	<p>There may be a spot of blood when the cord falls off. This is normal.</p>	<p>If you notice a red ring around the tummy button let a doctor know straight away.</p>
<p><b>Dry Skin:</b> It is normal for your baby to have dry skin.</p>	<p>Wash your baby with water. Avoid using cleansing products.</p>	<p>If your baby's skin is very dry ask your midwifery team for advice at your next appointment.</p>	

**Southampton**

Postnatal midwifery co-ordinator (8.30am to 4.30pm) **07786 266529**  
Broadlands Birth Centre (out of hours) **023 8120 6012**

**New Forest**

Postnatal midwifery co-ordinator (8.30am to 4.30pm) **023 8074 7693**  
New Forest Birth Centre (out of hours) **023 8074 7690**

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