

# Checking that your baby is well

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

	No cause for concern	Seek advice from your midwife	Seek urgent medical advice today
<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.	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 <b>or</b> if your baby is persistently cold, they may be unwell.
<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.	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.	
<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.	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.
<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.	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.
<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.	A well fed baby will be content during and after a feed and have wet and dirty nappies.	If you have any feeding concerns call your community midwifery co-ordinator who will contact your midwifery team or visit a breastfeeding support group today.  If your baby brings up milk, or is sick (a milky vomit), during or shortly after feeding, please discuss this with your midwife.  You should seek urgent advice if your baby's vomit is green, brown or blood stained.	



No cause for concern



Seek advice from your midwife



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<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.	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 your baby's mouth is dry and they aren't feeding well, call a midwife straight away.
<b>Wet and dirty nappies:</b> The contents of your baby's nappy changes from day to day in the beginning. You should expect: <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>	Babies will normally have several wet nappies a day.  Some baby girls can have a small bleed or a discharge from their vagina.  You may even notice a yellow or dark orange urine stain in the nappy. This is normal.	If you are worried that your baby has not passed much urine (wee) you should feed them frequently.  Put a little cotton wool in their nappy and you will know if they have passed urine.	Please contact your midwife if your baby has not passed urine today.  Your baby may be constipated if they are struggling to poo. Inform your midwife or health visitor for further advice.
<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.	Your baby's cord should be kept clean and dry. You may wish to use a nappy which has been specifically shaped to fit around the cord or you can fold down the front of your baby's nappy so it doesn't cover the cord. Clean the cord with cool boiled water and cotton wool, making sure you wash your hands first.	There may be a spot of blood when the cord falls off. This is normal.	Contact your midwife or GP for advice if you notice any signs of infection: <ul style="list-style-type: none"> <li>• an offensive smell</li> <li>• a pus-like discharge that might be yellow in colour</li> <li>• the skin around the cord may look red and swollen</li> </ul>
<b>Dry skin:</b> It is normal for your baby to have dry skin.	Wash your baby with water. Avoid using cleansing products.	If your baby's skin is very dry ask your midwifery team for advice at your next appointment.	

### Southampton

Community midwifery co-ordinator (7.30am to 5.30pm)  
**023 8120 4909** and **07786 266529**  
Broadlands Birth Centre (out of hours) **023 8120 6012**

### New Forest

Community midwifery co-ordinator (7.30am to 5.30pm)  
**023 8120 4909** and **07786 266529**  
New Forest Birth Centre (out of hours) **023 8074 7690**

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For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit **[www.uhs.nhs.uk/additionalneeds](http://www.uhs.nhs.uk/additionalneeds)**