

Patient information factsheet

Signs that your baby may be unwell

Babies can become poorly quite quickly, but can also get better quickly with the right treatment.

You should seek help immediately if you see any of these problems with your baby:

- trouble breathing – they may make a grunting noise with almost every breath as they breathe out
- breathing very quickly
- unusually sleepy
- irritable and doesn't like to be touched
- not feeding well
- dry nappies
- feeling hot or cold
- vomiting a lot of milk (particularly if it is green, brown or blood stained)
- diarrhoea
- bulging fontanelle (the soft spot at the top of your baby's head)
- jerky body movements
- stiff or floppy body
- turning away from bright lights
- pale, blue or blotchy skin

Always seek urgent medical attention if you suspect your baby is unwell. If they are having trouble breathing or you are unable to wake your baby call 999 for an ambulance.

If your baby has had antibiotics during the first few days of life please ensure that the health professionals caring for your baby in the first month are aware.

Contact us

If you have any non-urgent concerns about your baby during their first two weeks please call:

- Community midwifery co-ordinator: **023 8120 4871** (Monday to Sunday, 8am to 5pm)
- Broadlands Birth Centre: **023 8120 6012** (out of hours)
- Maternity infant feeding team: **07786 267584** (voicemail available)

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