

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.

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

New Forest

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

Southampton

- Community midwifery co-ordinator, **023 8120 4909** and **07786 266529** (between 7.30am and 5.30pm)
- Broadlands Birth Centre, **023 8120 6012** (out of hours)
- Breastfeeding Babes, **07786 267584**

For a translation of this document, or a version in another format such as easy read, large print, Braille or audio, please telephone **023 8120 4688.**

For help preparing for your visit, arranging an interpreter or accessing the hospital, please visit www.uhs.nhs.uk/additionalneeds