

## Important symptoms

Baby's illnesses can become serious very quickly. You know your baby best; do not wait too long if you are worried. Ask for help sooner rather than later. The following symptom checklist can help you decide whether you need to seek medical attention for your baby by contacting your midwife or doctor.

- High pitched or weak cry
- Much less responsive or floppy
- Pale all over
- Grunts with each breath
- Takes less than a third of feeds.
- Passes much less urine
- Vomits green fluid
- Has blood in stools
- High fever or sweating

Contact numbers are on page 1 of Postnatal Notes for Mother.

*Urgent* medical attention can be obtained by dialling 999 if your baby:

- Stops breathing or goes blue
- Is unresponsive and shows no awareness of what is going on
- Has glazed eyes and does not focus on anything
- Cannot be woken
- Has a fit

## Reducing the risk of cot death

- Place your baby on his or her back.
- Cut smoking in pregnancy – fathers as well.
- Do not let anyone smoke in the same room as your baby.
- Do not let your baby get too hot (or too cold). The room temperature should be between 16 and 20°C.
- Keep your baby's head uncovered and place him or her in the 'feet to foot' position (see page 16).
- Do not share a bed with your baby if you or your partner smoke, drink alcohol or take drugs.
- Do not fall asleep lying on a sofa or armchair with your baby.
- Immunisation reduces the risk of cot death.
- If your baby is unwell, seek prompt advice.

## Safety

Children most at risk from a home accident are in the 0-4 age group. See your health visitor for information on practical issues such as fitting smoke detectors and how to keep your baby safe generally. More information on preventing accidents relating to: choking and suffocation, burns and scalds, falls and poisons and emergency first aid is available in chapter 6 of the 'Birth to five' book.

## Signatures

Anyone writing in these notes should record their name and signature here

Abbreviations: CMW = Community Midwife; MW = Midwife; StM = Student Midwife; HV = Health Visitor; HCA = Health Care Asst; Ph = Phlebotomist; NN = Nurse; GP = General Practitioner; Con = Consultant; SpR = Specialist Registrar; Reg = Registrar; SHO = Senior House Officer; US = Ultrasonographer

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