

Information to identify signs of illness in the newborn

Information for Parents

	The Healthy Baby	Early signs of illness
Temperature	Warm to the touch	Very cold hands and feet Cold or hot skin inside baby gro.
Colour	Normal colour for ethnicity	Change in colour for example, dusky, pale or yellow
Breathing	Regular Breathing pattern	Breathlessness / grunting or gasping
Feeding	Feeds at regular intervals Settled between feeds	Uninterested / difficult feeding and/or vomiting.
Behaviour	Bright and alert	Quiet, listless, drowsy. Unsettled
Cry	Hungry cry	No crying, persistent low or high pitched cry
Nappies	Passes urine and opens bowels frequently	Passes small amounts of concentrated urine frequently Hard or pale bowel motions passed
Umbilicus	Skin around the cord appears normal	Red/inflamed skin around cord which may track away from the area. Offensive smell.

For your information the symptoms below may be serious and a sign of meningitis and you should seek medical attention immediately at your local emergency care centre.

- Shrill or moaning cry or whimpering
- Dislike if being handled, fretful
- Tense or bulging fontanelle (soft spot on head)
- Involuntary body stiffening/jerking movements
- Floppy body
- Blank, staring or trance-like expression
- Altered breathing patterns
- Turns away from bright lights:
- And /or pale and/or blotchy skin.

If you notice any of these signs of illness contact either your GP or the Child assessment Unit on **(0344 811 111)** ask for Child Assessment Unit either at Wansbeck or North Tyneside.

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS) Freephone: **0800 032 0202**

Text: 01670 511098

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111** www.northumbria.nhs.uk

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