

## Signs of Possible Problems In The Newborn

You should contact your midwife if you notice any of the following symptoms:

**Sticky eyes:** Discharge from the eyes can be a sign of infection. Usually bathing the eye regularly in sterile, slightly salty water will clear it up in a few days. Breast milk squirted into the eye several times a day may also be helpful.

**Cyanosis:** It is normal for a baby to have slightly blue hands and feet for awhile, but the main part of the body should be pink. Blue skin tone can mean possible heart or breathing problems and may indicate that blood is not getting properly oxygenated.

**Pallor:** Pale skin colour can be a sign that the baby is not getting enough oxygen or that it is in shock.

**Lethargy:** A sleepy, lethargic, floppy baby, who is not feeding well may be ill. Please call your midwife.

**Rapid or laboured breathing:** Can be a sign of respiratory infection. Baby may make grunting sounds while breathing, or draw in the chest deeply (retractions).

**Excessive salivation or vomiting:** Can be a sign of various congenital abnormalities.

**Convulsions:** Should be reported to midwife immediately. These can be caused by high fever.

**Jaundice:** Many babies get slightly jaundiced between the 3<sup>rd</sup> -7<sup>th</sup> day after birth. The best treatment is to keep breastfeeding the baby regularly and if possible, lay the baby in the sunlight at regular intervals. However, if the baby becomes a very yellow colour, including the palms and soles of the feet, the jaundice appears in the first few hours after birth, or the baby becomes very lethargic and is not interested in feeding, then medical treatment may be necessary.