

Newborn Warning Signs

A QUICK SAFETY CHECKLIST FOR PARENTS

Important: While most babies transition smoothly, your "gut feeling" is a powerful tool. If something doesn't feel right, or if you observe any red flags below, seek medical attention immediately.

BREATHING & COLOR

☐ **Respiratory Distress:**

Fast breathing (over 60 breaths/min), grunting, or ribs pulling in deeply.

☐ **Color Changes:**

A bluish tint to the lips, tongue, or face.

☐ **Lethargy:**

Extreme sleepiness where the baby is very difficult to wake or seems unusually limp.

FEEDING & DIGESTION

☐ **Poor Feeding:**

Sudden refusal to feed or fewer than 6 wet diapers in 24 hours (after Day 5).

☐ **Persistent Vomiting:**

Forceful or green-colored vomiting (not just spit-up).

☐ **Dehydration:**

Sunken soft spot (fontanelle) or a dry, sticky mouth.

TEMPERATURE & SKIN

☐ **Fever:**

A rectal temperature of 38°C (100.4°F) or higher is an emergency for newborns.

☐ **Low Temperature:**

Temperature below 36.5°C or feeling unusually cold to the touch.

☐ **Jaundice:**

Deep yellowing of skin or eyes, especially extending to the chest or legs.

BEHAVIOR & PHYSICAL

☐ **Inconsolable Crying:**

High-pitched, continuous crying that sounds different from hunger.

☐ **Infection Signs:**

Redness, foul odor, or pus around the umbilical cord stump.

☐ **Seizures:**

Unusual rhythmic twitching or stiffening of the baby's body.

You don't have to be strong alone.

If you are unsure, always call your pediatrician or Aurelia Mama & Toto Care for guidance.