



Advice on taking your baby home or following birth:

You will have the opportunity to discuss your baby's well-being and behaviour at regular intervals when your midwifery team visit you at home.

If you have any concerns or questions you can contact a Midwife 24 hours on **CallEEAST (MEDICOM)** up to 28 days on:

01603 481222

However, there are some symptoms which need urgent action either from :

NHS 111, Accident and Emergency Department or 999

Please seek help if you are concerned that your baby:

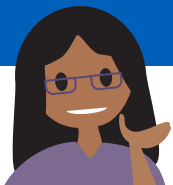
- ! Has changed breathing patterns such as rapidly breathing, panting, making throaty noises whilst breathing or finding it hard to breathe with sucking in of their stomach
- ! Is showing abnormal behaviour (for example, inconsolable crying or drowsy or less alert), or a dislike of being handled
- ! Is unusually floppy or stiff and/or making jerky movements
- ! Has an abnormal temperature lower than 36°C or higher than 38°C
- ! Has a change in skin colour (for example, where the baby is very pale, blue/grey particularly around the lips and inside of the mouth or mottled)
- ! Develops a rapid change in jaundice (Can be seen by yellow skin and eyes) particularly under 24 hours of age
- ! Has developed new difficulties with feeding such as not waking for feeds
- ! Your baby is vomiting a large amount or vomit appears discoloured, such as blood stained, or green/yellow



If you feel your baby is 'just not right' don't hesitate to call!



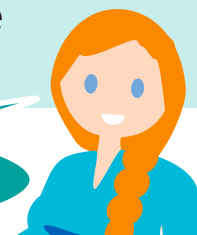
Frequently asked questions



My baby has blueish coloured hands and feet, is this a sign of illness?



When your baby's hands and feet are blue this is termed acrocyanosis. This is normal right after birth. In fact, most Newborns have some acrocyanosis for their first few hours of life. It happens because blood and oxygen are circulating to the most important parts of the body such as the brain, lungs, and kidneys rather than to the hands and feet. The problem goes away as the baby's body gets used to new blood circulation patterns. Later, acrocyanosis can come back if the baby is cold (such as after a bath). This is normal and will go away by itself. However at all times your baby should not be blue elsewhere. If this is the case, please call for immediate help via 999.



My baby at times can seem to breathe a little quicker, pause and then return to a normal rate - is this a sign of breathing difficulties?

Newborns can take rapid breaths and then pause for up to 10 seconds at a time (called periodic breathing). This is very different from how adults breathe, which is why new parents might be alarmed. This is usually perfectly normal and part of typical newborn development; Within a few months, most of the irregularities of newborn breathing resolve themselves. Periodic breathing is not the same as apnoea (when breathing stops). Always call for help if you notice pauses in breathing that last more than 15 seconds or become more frequent. If in any doubt, please always contact your healthcare provider. If your baby stops breathing and becomes limp, pale, or blue around the mouth, call 999.



How fast should a newborn's breathing be?

Babies breathe much faster than us, if your baby is younger than 6 weeks old they can breathe up to 60 breaths per minute. If your baby is older than 6 weeks, then they can breathe up to 45 breaths per minute. Anything outside of these ranges may be a sign that your baby may not be well, along with other symptoms mentioned above. We would advise you contact NHS 111, your GP, Health Visitor or Midwife for further advice or support.

What is a large or abnormal vomit?

Most vomiting is not concerning. Healthy babies often bring back small amounts of milk after a feed. However, if your baby has vomited at least half the feed after every one of the last three feeds, or projectile (forcefully) vomited a full feed you should raise this concern. You should also look out for a change in colour of the vomit. Green vomit can indicate the presence of bile. Bile is a bright green liquid which comes from below the stomach. Green vomit may be a sign of a blockage in the intestine, it is unlike any other vomit and we advise you to contact help immediately via 999 or NHS111.

