

# Parent Guide for the First Week of Life

## Information for parents and carers

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### Is your newborn baby well?

- A healthy newborn baby:
- should have pink lips and tongue.
- should have an underarm temperature between 36.5 and 37.2 degree (like yours)
- should pass urine (wee) and open their bowels (poo) at regular intervals.
- should feed frequently (8-12 times in 24 hours)
- should be quietly alert when awake and responds to your voice or noises around them.
- will breathe a little more quickly than you with the occasional short pauses.
- will let you know they are struggling and need help when their colour changes or they cry, wiggle or tremble.

### Is your newborn sick?

- If your baby:
- stops breathing or goes blue.
- has a fit/convulsions/seizure (twitching or jerking movements of the eyes, mouth, arms, or legs)
- cannot be woken.
- is not taking notice of loud noises, a bright light shone in his eyes or gentle pinch on the arm.

**If you are in hospital: Immediately inform your midwife or doctor or press the call-assist button.**

### Within the first week of life

- If your baby has:
- not feed for more than 6 hours
- not had a wet and/or dirty nappy
- has progressive yellow looking skin associated with poor feeding?
- eye, mouth, arm or leg movements that appear twitchy or jerky.
- body, head, neck, arms, and legs that appear floppy.
- breathing that is fast and they are making grunting noises which is continuous.
- An unusual cry (weak, high-pitch, moaning, or painful cry)
- blood in their poo.

- skin that seems very or is turning yellow.
- stomach (tummy) or the bottom of their chest draws in with each breath.
- vomiting a lot (more than half the feed after every one of the last three feeds)
- vomit is not clear, milk or pale-yellow colour.

Clear	Milk	Pale Yellow	Mustard	Green	Green	Green	Blood
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**OR** Your instinct tells you something is wrong.

If you are in hospital: Immediately inform your midwife or doctor or press the call-assist button.

At home: If urgent call an ambulance 000

Or Call Maternal and Child Health Line Phone 13 22 29

24-hour Nurse-on-Call Phone 1300 60 60 24

Or See your GP