

# Signs and symptoms of an unwell baby

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Common conditions in newborns (such as thrush on the tongue, cradle cap, reflux, colic, constipation, nappy rash, dry skin and nasal congestion) are generally nothing to worry about – and can be reviewed by your GP as necessary.

## Abnormal symptoms can be:

- your baby is pale, floppy or unresponsive
- your baby is grunting and /or breathing fast and the breathing appears laboured
- your baby's jaundice appears to be worsening in combination with any of the following: severe lethargy, reluctance to feed, minimal wet/dry nappies or pale/white stools (**see page 35**)
- your baby is not feeding as well as before
- your baby has a continued high pitched or weak cry which cannot be settled with normal measures such as feeding, cuddles, nappy change etc.
- your baby has a high temperature (above 37.5°C) or an unusually low temperature
- your baby has a rash or blisters on the skin.



- If you are concerned about your baby's health at any time please contact the **NHS 111 service** for advice, call **999** or take your newborn to your local **A&E** or **urgent care centre** as soon as possible.