

URGENT NEWBORN WARNING SIGNS

THESE SYMPTOMS IN BABY CAN BECOME
LIFE-THREATENING WITHOUT MEDICAL CARE

FLIP FOR
NEWBORN
SAFE SLEEP
TIPS

CALL 911 IF BABY:



Is not breathing

Begin CPR
immediately



Is unresponsive

Floppy or limp like
a rag doll and can't
wake up



Has a seizure

May look like unusual
body, eye, or facial
movements you can't stop

GO TO THE HOSPITAL OR URGENT CARE IF BABY HAS:



**Difficulty
breathing**



**Sudden change
in color**



**Green
spit-up**

Signs of difficulty breathing include:

- A pause in breathing that worries you
- Breathing fast (more than 60 breaths per minute)
- Noisy while breathing (wheezing or whistling sounds)
- Sucking in below or between the ribs and/or in the neck with each breath

Sudden change in color means baby may be blue, grey, or pale, especially around the mouth/lips/tongue.

Green spit-up may be a sign of a surgical emergency.

CALL HEALTHCARE PROVIDER IF BABY:



**Is not
eating well**



**Has yellow
eyes or skin**

Signs of not eating well include:

- Unusual vomiting
- Less than 8 feedings in 24 hours
- Regularly needs to be awakened for feedings
- Refuses several feedings
- Unable to suck and swallow well
- Eating for shorter periods of time or taking less than usual from a bottle

Yellow eyes or skin are signs of jaundice.



**Shows signs of
illness or infection**



**Is crying more
than usual**

Signs of illness or infection may include:

- Redness or drainage from the umbilical cord
- Bleeding or discharge from the circumcision site
- Cough
- Runny or stuffy nose

Crying more than usual means baby is excessively fussy and difficult to comfort.



**Has a change
in wet or dirty
diapers**



**Has a low or high
temperature**

Change in wet or dirty diapers means:

- Decrease in the number of wet diapers per day
- Stomach seems rounder and harder than usual
- Blood in the diaper

Low or high temperature means below 97.7°F or above 100.4°F.

**TRUST YOUR
INSTINCTS**

Scan the QR code to learn more about urgent newborn warning signs, or visit: cthosp.org/bracelet/newborn



SAFE SLEEP SAVES LIVES

THESE SIMPLE STEPS CAN HELP KEEP
BABY SAFE WHILE THEY SLEEP



Share these safe sleep practices with everyone who cares for baby.



Back to Sleep

For every sleep, including naps and night, place baby on their back, face up. Caregivers can offer a pacifier, with no attachments, during sleep times.



Firm, Flat, Clear Sleep Surface

Baby should sleep on safety-approved crib, bassinet, or bedside sleeper with a fitted sheet. Surfaces should be firm, flat, and clear of toys, pillows and blankets, and soft bumpers.



Share Your Room, Not Your Bed

Give baby their own sleep space in your room. After snuggles and night feedings, or if you feel sleepy, put baby in their space. Never fall asleep together on a bed, couch, chair, or other soft surface.



Comfortable, Clean Environment

To prevent overheating, dress baby in one extra layer than you'd wear. Keep baby's head and face uncovered. Avoid loose blankets and use a sleep sack instead.



Safe Sleep Surfaces Only

Car seats, infant carriers, and swings are not intended for routine sleep. Baby's head can fall forward and make it difficult to breathe. If baby falls asleep in a car seat, carrier, or swing, move them to a safe, flat sleep surface as soon as you can.



Set Up Sleep Support for Yourself

It's okay to ask for help. A trusted partner, family member, or friend can care for baby while you get some rest. Make sure everyone caring for baby is alert and not impaired by alcohol, marijuana, medications, or other substances that cause drowsiness.



Scan the QR code to learn more safe sleep tips, or visit:
cthosp.org/bracelet/safesleep