

# Newborn and Breastfeeding Warning Signs

## Newborn Warning Signs



Call your baby's doctor or seek care immediately if your baby has any of the following.

Your baby's health provider and phone number: \_\_\_\_\_

- Temperature: If newborn has a temperature of 100.4° F (38° C) or higher.
- Bleeding: If baby was circumcised, any blood soaked in the diaper is urgent. Small streaks of blood are normal, like a small cut.
- Breathing: Has a hard time breathing that does not go away with nose suctioning.
- Color: Has blue lips, tongue or mouth.



Call your baby's health provider if your baby has one or more of the following.

When you call your baby's provider office there should always be a provider on call.

### Wet diapers and poop problems

- There is blood (streaks, flecks or clots) or mucous with poop.
- Less than 1 wet diaper per day of life.
- Very thick, dark poop past day 4.
- Has not pooped in the past 1–2 days.

### Bad smells

- New watery or bad-smelling poop. (Breast milk stools are very loose but should not smell bad.)
- A cord (belly-button area) or circumcision site that smells bad or has pus or has surrounding skin is bright red and warm.

### Changes in color

- Skin or eyes are becoming more yellow in color, spreading from head to toe
- Blue or very pale skin color.

### Changes in behavior and feeding

- Extreme sleepiness or usually sleeping for more than 4 hours, weak cry.
- Misses or vomits most of 2 feedings in a row.
- Crying a lot, with no known cause, or an unusual, high-pitched cry.
- Feeding more than 12 times a day, most feedings last longer than 45 min.
- No or minimal signs of swallowing

# Breastfeeding Signs



## Warning Signs

### If breastfeeding parent experiences:

- Red areas or streaking on one or both breasts.
- Fever (100.4° F or higher) or flu-like symptoms.
- Sharp pains inside breasts.
- Feeling like hurting themselves or their baby

Your health provider and phone number: \_\_\_\_\_



## Caution Signs

### If breastfeeding parent experiences:

- Pain with feeding or pumping that does not go away in 30 seconds.
- Nipples that are cracked, bleeding or appear flattened/creased after feeding.
- Breast that feels swollen or hard.
- Lumps or painful spot in the breast.
- Extreme sadness, aversion to baby.



## Going Well Signs

### If breastfeeding baby:

- Infant feeds 8–12 times in a 24-hour period.
- Re-gained birth weight in 2 weeks.
- 6 wet diapers or more in a 24-hour period by day 5.
- Poops 3–4 times in a 24-hour period by day 4 (poop should be the size of a quarter or bigger).

### If breastfeeding parent experiences:

- Uterine cramps with breastfeeding during postpartum. This is a sign of healing.
- Strong tug with breastfeeding, no pinching or pain; any latch discomfort fades within about 10–20 seconds.
- Breasts that feel soft and drained after feeding or pump

*This content has been adapted from the 4th Trimester Project™ resources on NewMomHealth.com, The Kansas Breastfeeding Coalition and The Kansas Dept of Health and Environment.*