

## How can I tell if my baby is ill?

Parents are usually good at noticing when something is wrong with their baby. But it may be difficult to know what is wrong. Here are some signs that can be important.

- Your baby is not responding to you normally.
- When awake, your baby may seem unusually drowsy or not interested in looking at you.
- Your baby may not be interested in feeding.
- Your baby feels floppy or limp (perhaps when cuddled).
- Your baby's cry seems different (perhaps moaning, whimpering or shrill) and soothing doesn't help.

If you notice these signs in your baby, call NHS Direct and talk to a nurse.

### Other signs of illness

If you are already worried and then notice other problems too (like those in the list below), call NHS Direct for advice or see your GP.

- If your baby looks very pale, or their skin is blue or dusky around the lips.
- If your baby seems irritable and does not like being touched.
- If a new rash starts to appear.
- If your baby's skin looks bruised or discoloured.
- If your baby appears to have severe leg pain.
- If your baby seems hot (feverish or has a high temperature).
- If your baby has cold hands or feet and a high temperature.
- If your baby seems breathless or is breathing much faster than usual.
- If your baby starts being sick (vomiting).
- If your baby's nappies are not wet, or they are drier than normal.
- If your baby is drooling excessively instead of swallowing their own saliva.
- If your baby is three months old or younger or was born prematurely.
- If your baby has a tense or bulging soft spot on the head (fontanelle).

Remember, you know your baby better than anyone else. Small children can become ill quickly, so check them often. If you are worried, check our self-help guide or call NHS Direct on 0845 4647 for advice.