

# Caring for your new baby

## Maternity Service

Information for Patients

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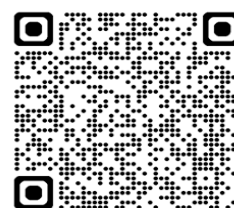
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## Introduction

This leaflet will give you information about looking after your baby and help you to know when your baby might be poorly and where to get advice and help.

## Getting help if you are worried

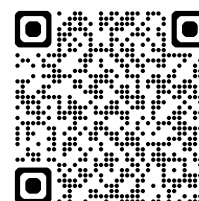
This QR code explains what is normal and what is not normal for a new baby and will help you to understand if you need to get professional help or advice.



<b>Non-urgent</b>	Community Midwife (0116 2586111, then option 5) Health visitor or pharmacist
<b>Urgent</b>	GP, out of hours services or call 111
<b>Life-threatening</b>	Call 999 or go straight to A&E

**You should call 999 or go straight to A&E if:**

- they have a rash that doesn't fade when you press a glass against it
- skin looks blue, mottled or pale (look around the lips and eyes)
- your child is difficult to wake or is floppy
- they are breathing very fast
- they are having/have had a fit or convulsion
- they are grunting (noisy breathing sound like squeaking). Use the QR code for a real example of grunting

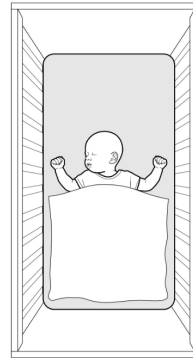


**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## Safe sleeping for your baby

1. Put them on their BACK for every sleep.
2. In a clear flat separate sleep space.
3. Keep them smoke free.
4. Avoid your baby getting too hot.



## Feeding and bonding

Please refer to the 'Mothers and Others guide' given to you during your pregnancy. There are also leaflets in your discharge pack. You can access further information on our website. Breastfed babies should be given a Vitamin D daily supplement (**8.5 to 10 micrograms**) even if you're taking a supplement containing vitamin D yourself.



## Wet and dirty nappies

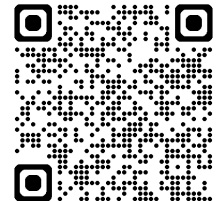
Baby's age	Wet nappies	Dirty nappies
Day 1 to 2	1 to 2 or more per day	The poo is usually black/green in colour (meconium). 1 per day.
Day 3 to 4	3 or more per day	The poo will start to change colour (brown/green/yellow) and become looser. At least 2 per day.
Day 5 to 6	5 or more per day	The poo will be yellow and might be watery. At least 2 per day.
Day 7 to 28	6 or more per day	Poo will be yellow. It will be soft and seedy if you are breastfeeding or look like play dough if you are formula feeding At least 2 per day.

**If your baby does not pass meconium within 24 hours of birth, get urgent medical attention.**

**Some baby girls can have a small bleed or discharge from their vagina. This is because of maternal hormones and usually only lasts a few days. This is normal.**

## Bathing your baby

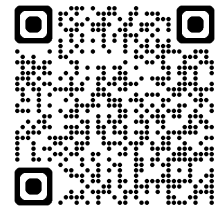
- Wait at least 24 hours before bathing your baby, if you need to bath your baby for cultural or religious reasons, please aim to wait 6 hours from birth.
- A sponge bath or 'top and tail' with water is enough during the first few days, then 2 to 3 baths a week is fine.
- Use plain water only for the first month as their skin is very fragile.
- Use the QR code to find out more information including a video:



## Your baby's skin and cord

Your baby's cord will fall off by itself and will become more dry and darker in colour. It will fall off between day 3 and 10. Keep it clean by wiping around it with cotton wool and water. Keep it dry. Speak to your midwife or GP if there is a bad smell, it looks red or is producing discharge or bleeding.

Spots and rashes are common in babies, in some circumstances they can be caused by something serious; **take a look at our guide to skin rashes here:**



## Tests offered for your baby after birth:

- Newborn infant physical examination (NIPE):

Within 72 hours of your baby's birth, a detailed head to toe check of your baby will be done. This will check your baby's eyes, heart, hips, and other things to check for any problems. If any problems are found, your baby may need some more checks. Your midwife will talk this through with you. The NIPE is completed at the hospital or in a postnatal clinic.

- Hearing screening:

If your baby is born in hospital, you can be offered a newborn hearing test before you go home. This can also be done in a planned clinic within the first few weeks of your baby's life. Your baby's hearing test takes a few minutes. A small ear piece is put in your baby's ear and gentle sounds are played. It is not always possible to get a clear reading at the first test. This can be because your baby is unsettled or may have fluid in their ears. This does not always mean your baby has hearing loss. You will be offered a second test. You will have the results as soon as the test is done.

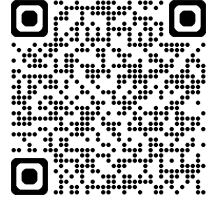
- Newborn blood spot test (heel prick test):

The newborn blood spot test helps to check if babies have any of 9 rare conditions, some of which can be life-threatening. Knowing early whether a baby might have or get these conditions means they can start to be monitored and treated sooner to improve their health and outcomes. A health professional will usually take a blood spot sample on day 5.

## Emergency CPR if your baby isn't breathing

We advise you to watch the video using the QR code before you go home. It will show you how to do CPR if you needed to in an emergency.

Call 999, put baby on a firm surface, give them 5 breaths, 30 chest compressions, 2 breaths and repeat the 30 compressions and 2 breaths until help arrives.



## Other information

- THANKS (Think Hands And No Kisses) - always remember to wash your hands before touching a baby. Only kiss a new baby if you are their parent or main carer. **It is very important not to kiss a baby if you have a cold sore.**
- Group B Strep Support: spotting signs of Group B Strep infection in babies: [www.gbss.org.uk](http://www.gbss.org.uk)
- ICON: Crying babies: [www.iconcope.org/advice-for/parents/](http://www.iconcope.org/advice-for/parents/)
- Health for Under 5s: [www.healthforunder5s.co.uk/baby/](http://www.healthforunder5s.co.uk/baby/)
- Lullaby Trust: [www.lullabytrust.org.uk](http://www.lullabytrust.org.uk)
- Vaccines for your baby: [www.healthforunder5s.co.uk/sections/baby/vaccinating-your-baby/](http://www.healthforunder5s.co.uk/sections/baby/vaccinating-your-baby/)
- Healthier Together: scan the QR code below



## Contact details:

Community Midwife Office: 0116 258 4834

Leicester Maternity Services : 0116 258 6111

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)