



# BRINGING HOME BABY

## WHEN TO CALL THE DOCTOR

### CALL 911 IF YOUR CHILD HAS A BLUE LIP COLOR

#### Call the Doctor When Baby has:

- A temperature:
  - Birth to 60 days old if temp 100.5° F or greater, SEEK IMMEDIATE MEDICAL ATTENTION
  - 3 months or older if temp is greater than 100.5° F — contact your physician
- A fever lasts more than one day
- Blue or pale colored skin
- Patches of white found in mouth
- Yellow skin or eyes
- No interest in eating
- A rash or unusual purple spots on the skin
- Become unusually quiet or inactive
- A seizure (period of uncontrolled shaking due to a disturbance in the brain)
- Vomited or had diarrhea for more than one day
- Problems breathing
- Constant crying for no reason
- Cries when moved or seems to be in pain
- An accident, such as a bad fall

### Vomiting and Diarrhea

- Continue fluids to avoid dehydration (not having enough fluid in your body).
- Breastfeeding may be continued.
- If vomiting, give 1 to 3 oz. of oral electrolyte solution (such as Pedialyte or Infalyte) every 1/2 hour.
- If not vomiting, offer as much oral electrolyte solution as baby wants every 1/2 to 1 hour.
- After re-hydration (usually about 24 hours), solid foods may be resumed. Generally start with bland foods such as the BRAT diet (bananas, rice, applesauce and toast).
- If child seems hungry for more food during diarrhea episode, new research indicates that feeding is OK. If baby has very few wet diapers, a dry, parched mouth and acts listless, call your doctor.
- Do not feed baby milk products, except yogurt with active cultures

### Constipation

- If formula fed baby hasn't had a stool in over 48 hours, you may try taking baby's rectal temperature. This often will stimulate a bowel movement.
- Baby is not constipated unless he/she goes for over seven days without a bowel movement or bowel movements are hard and pebbly. If stools are hard, call your doctor.
- Totally breastfed babies do not usually get constipated. They may go 2 to 7 days between bowel movements.