



Practical Nursing

Having a baby is a life-changing experience for new parents. It is important to be alert to signs and symptoms that you need to get medical help. Remember, if you or your advocate think something is wrong, speak up!

How to recognize when a newborn is having trouble breathing

When a newborn is having trouble breathing, you may notice the following signs and symptoms:

- **Blue lips or face** (cyanosis)
- **Fast breathing** (tachypnea)
- **Grunting** (a sound like a small animal)
- **Flaring of the nostrils**
- **Retractions** (the skin between the ribs or under the ribcage pulls in)
- **Sweating** (especially on the forehead)
- **Shallow breathing**
- **Pauses in breathing** (apnea)
- **Noisy breathing** (wheezing or crackles)
- **Excessive coughing**
- **Excessive fussiness**
- **Excessive sleepiness**
- **Excessive crying**
- **Excessive vomiting**
- **Excessive diarrhea**
- **Excessive weight gain**
- **Excessive weight loss**
- **Excessive temperature fluctuations**
- **Excessive jaundice**
- **Excessive icterus**
- **Excessive anemia**
- **Excessive hypocalcemia**
- **Excessive hypomagnesemia**
- **Excessive hypophosphatemia**
- **Excessive hypokalemia**
- **Excessive hyponatremia**
- **Excessive hypernatremia**
- **Excessive hyperkalemia**
- **Excessive hypermagnesemia**
- **Excessive hyperphosphatemia**
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How to recognize when a newborn is having trouble eating

When a newborn is having trouble eating, you may notice the following signs and symptoms:

- **Excessive crying**
- **Excessive fussiness**
- **Excessive sleepiness**
- **Excessive vomiting**
- **Excessive diarrhea**
- **Excessive weight gain**
- **Excessive weight loss**
- **Excessive temperature fluctuations**
- **Excessive jaundice**
- **Excessive icterus**
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- **Excessive hypocalcemia**
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- **Excessive hyperkalemia**
- **Excessive hypermagnesemia**
- **Excessive hyperphosphatemia**
- **Excessive hypercalcemia**

TIPS: When a newborn is having trouble eating, you may notice the following signs and symptoms:

How to recognize when a newborn is having trouble sleeping

When a newborn is having trouble sleeping, you may notice the following signs and symptoms:

- **Excessive crying**
- **Excessive fussiness**
- **Excessive sleepiness**
- **Excessive vomiting**
- **Excessive diarrhea**
- **Excessive weight gain**
- **Excessive weight loss**
- **Excessive temperature fluctuations**
- **Excessive jaundice**
- **Excessive icterus**
- **Excessive anemia**
- **Excessive hypocalcemia**
- **Excessive hypomagnesemia**
- **Excessive hypophosphatemia**
- **Excessive hypokalemia**
- **Excessive hyponatremia**
- **Excessive hypernatremia**
- **Excessive hyperkalemia**
- **Excessive hypermagnesemia**
- **Excessive hyperphosphatemia**
- **Excessive hypercalcemia**

TIPS: When a newborn is having trouble sleeping, you may notice the following signs and symptoms:

How to recognize when a newborn is having trouble breathing

When a newborn is having trouble breathing, you may notice the following signs and symptoms:

- **Blue lips or face** (cyanosis)
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