



# 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

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!

Signs and symptoms that you need to get medical help:

- **S**hallow breathing
- **H**igh-pitched breathing
- **P**oor feeding
- **P**oor weight gain
- **N**asal flaring
- **S**weating
- **V**igilance
- **S**truggling to breathe

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!

Key signs and symptoms that you need to get medical help:

- **C**yanosis (blue lips, tongue, or skin)
- **A**bsent or weak breath sounds
- **M**ore than 10 breaths per minute
- **M**ore than 10 seconds between breaths
- **R**apid breathing

## How to recognize when a newborn is having trouble eating

How to recognize when a newborn is having trouble eating:

- **S**low weight gain
- **D**ifficulty latching
- **D**ifficulty swallowing
- **I**rritability
- **S**truggling to eat

### TIPS:

Encourage breastfeeding, if possible.

## How to recognize when a newborn is having trouble sleeping

How to recognize when a newborn is having trouble sleeping:

- **L**ethargy
- **C**rying
- **L**ack of interest in feeding
- **M**ore than 10 seconds between breaths
- **F**requent waking
- **F**requent crying

### TIPS:

Check for signs of distress. Ask the nurse for help if you are unsure.

## How to recognize when a newborn is having trouble staying warm

How to recognize when a newborn is having trouble staying warm:

- **D**ifficulty staying warm
- **A**bsent or weak breath sounds

Speak Up™ materials are intended for the public and have been put into a simplified (i.e., easy-to-read) format to reach a wider audience. They are not meant to be comprehensive statements of standards interpretation or other accreditation requirements, nor are they intended to represent evidence-based clinical practices or clinical practice guidelines. Thus, care should be exercised in using the content of Speak Up™ materials. Speak Up™ materials are available to all health care organizations; their use does not indicate that an organization is accredited by The Joint Commission.