

Checklist for Mother and Baby

Baby Check the following every 4 hours for the first 24 hours, then <i>once</i> a day for the next three days.	FIRST 24 HOURS						DAY 2	DAY 3	DAY 4
Temperature									
Color (Pink Y or N?)									
Wet Diapers									
Dirty Diapers									
Breathing effort									
Mother Check the following every 4 hours for the first 24 hours, then <i>twice</i> a day for the next three days.	FIRST 24 HOURS						DAY 2	DAY 3	DAY 4
Temperature									
Pulse									
Uterus									
Lochia									

Areas of Concern

If any of the following signs occur in the mother or the baby, or if you are worried about anything, call the appropriate caregiver.

Baby

Temperature:

- a. Axillary (underarm temperature) of less than 96° after clothing and room temperature have been adjusted.
- b. Baby's temperature keeps changing even when room temperature and clothing remain the same.

Respiration:

- a. Fewer than 30 or more than 60 breaths per minute while resting.
- b. Labored breathing with grunting, retraction of the ribs or flaring of the nostrils.

Color:

Blueness on any area other than feet or hands

Elimination:

No passage of urine or stools in the first 24 hours after birth.

Other signs:

- a. Excessive sleepiness – sleep periods lasting longer than 6 hours after the first day.
- b. Hyperirritability or extreme reaction to ordinary stimulation like diaper changing, picking him up, etc.
- c. Jaundice on the first day of life.
- d. Poor feeding, not at all interested in feeding, or exhausted by it.

Mother

Temperature:

Fever above 100.4° after drinking lots of fluid.

Pulse:

Pulse greater than 100 per minute while resting

Uterus:

Uterus remains soft, does not respond to massage accompanied by heavy bleeding and pain

Lochia:

- a. Heavy bleeding – soaking large pads in less than 2 hours after the first 24 hours.
- b. Passage of tissue, or foul-smelling discharge.
- c. Persistent passage of clots larger than a golf ball.

Other signs:

- a. Fainting; severe headache; severe pain in the abdomen, legs or chest; spots before the eyes.
- b. Feelings of despair, great anxiety or inability to cope.