

DECIPHERING DISCOMFORT

WHEN TO SEEK CARE FOR YOUR BABY

In the first few weeks after birth, babies are adjusting to life outside of the womb and it's a big adjustment for them. It often takes some time for them to have a normal sleep and eating patterns. Newborns may do things that worry you such as spitting up, breathing irregularly or too loud, making sounds when they sleep, crossing their eyes to focus, sounding congested, sneezing, and hiccuping. These are all normal behaviors.

- ✓ Interpreting newborn behaviors and identifying signs of illness.
- ✓ Symptom guide for when to consult with your pediatrician.
- ✓ Accurate temperature-taking techniques for your baby's comfort and your peace of mind.

The Best way to take your baby's temperature.

If your baby seems sick, check his or her temperature using a rectal thermometer. This is one of the safest and most accurate ways to take your baby's temperature while they are infants.

To take a rectal temperature: Use a digital thermometer. Put a little bit of Vaseline on the end of the thermometer or sensor that you would stick into your baby's rectum.

To take underarm temperature: Put the thermometer under your baby's arm for 4 to 5 minutes or until the thermometer beeps. A normal underarm temperature range is 97.0° to 99.4°F (36.1° to 37.4°C).

Is your baby feeling unwell? Schedule an appointment for expert care.



**FIRST
STEPS**
with Camarena Kids

Camarena Health Pediatrics
(559) 664-4000

Camarena Kids
441 E. Yosemite Ave.
Madera, CA 93638

camarenahealth.org/first-steps

