

BABY Check the following every 4 hours for the first 24 hours, then <i>once</i> a day for the next 3 days.	FIRST 24 HOURS						DAY 1	DAY 2	DAY 3
TEMPERATURE: Normal range 97°-99° (axillary/underarm)									
RESPIRATIONS: Normal range 30 to 60 per minute.									
COLOR: No blue, pale or dusky color in face or trunk. No jaundice in first 24 hours.									
ELIMINATION: Make a checkmark for each bowel movement..... Each wet diaper.....									
MOTHER Check the following every 4 hours for the first 24 hours, then <i>twice</i> a day for the next 3 days.	FIRST 24 HOURS						DAY 1	DAY 2	DAY 3
TEMPERATURE: Normal range 98°-99 (oral)									
PULSE: Not to exceed 100 per minute twice in 1 to 2 hour period.									
UTERUS: Should feel round and firm, size of grapefruit, at or below navel.									
LOCHIA: Normal flow is similar to heavy menstrual period (soaking not more than 1 pad every 2 hours after the first day).									

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 97° or greater than 99° 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 nostrils.

ELIMINATION:

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

OTHER SIGNS:

- a. Excessive sleepiness- sleep periods lasting longer than 4 hours after the first day.
- b. Hyperirritability or extreme reaction to ordinary stimulation like diaper changing, picking him up, ect.
- 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 100.2° after drinking lots of fluids.

PULSE:

Pulse greater than 100 beats per minute while resting, occurring twice in 1 to 2 hours. Call caregiver immediately after first time if accompanied by heavy bleeding.

UTERUS:

Uterus remains soft, does not respond to massage.

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
- b. Severe headache or pain in abdomen, legs or chest.
- c. Spots before the eyes.
- d. Feelings of despair, great anxiety or inability to cope.

Please take time to share your feedback, <http://www.olympiabirthcenter.com/share-your-feedback.html>.