

# WHEN SHOULD I SEEK MEDICAL CARE FOR MY BABY?

During the first weeks after birth, newborns are adapting to life outside the womb—a significant transition that often affects their sleeping and eating patterns. It's common for them to exhibit behaviors that might concern you, such as spitting up, breathing loudly or irregularly, making noises during sleep, eye-crossing for focus, sneezing, hiccuping, or appearing congested. These behaviors are typically considered normal. This guide aims to help you identify what behaviors are normal, when to contact your doctor, and when emergency care is needed. Camarena Kids is committed to supporting you at every step. Should you have any questions or concerns, don't hesitate to reach out to your Camarena Kids pediatrician.

## When to Contact Your Pediatrician:

- Difficulty waking baby for feedings
- Non-stop crying
- Temperature over 37.5°C (100°F)
- Persistent vomiting/diarrhea
- More than 10 bowel movements per day if breastfeeding
- More than six movements per day if they are watery or if baby is bottle-feeding
- Fewer than six wet diapers in 24 hours
- Feeding less than six times in 24 hours
- Signs of dehydration, including dry tongue and lips
- Yellowing in the skin or eyes
- Unusual discharge or smell from cord/belly button
- Redness around cord larger than 1.25 inches
- Eye discharge (yellowish-green)

## Normal Newborn Behaviors:

- Irregular breathing, loud breathing sounds
- Making noises during sleep
- Crossing eyes to focus
- Congestion, sneezing, or hiccuping
- Spitting up

## Emergency Situations:

- Difficulty waking baby
- Rapid or troubled breathing
- High fever

For any concerns, trust your instincts and contact your Camarena Kids Pediatrician.

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



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