

# Symptom diary

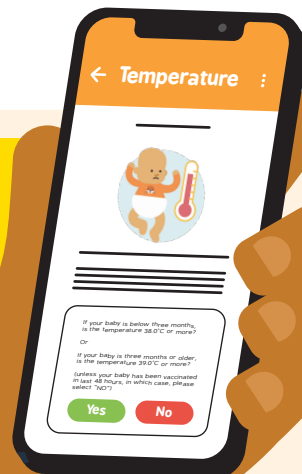
the  
lullaby  
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We hope you find this diary helps you learn about your baby and notice any changes in them. Many of the symptoms are common, and most babies will show at least one symptom every day.

Fill out the symptom diary in the early days and weeks after your baby is born. It will help you learn about them. Use the diary when you feel anxious about their health too. Discuss the diary with a health professional at your next contact and ask any questions you have. If you're very worried, contact a health professional immediately.

If you're unsure, download our free Baby Check app. This will help you make a decision about whether to contact a health professional.



Baby's name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Date

Week

M

T

W

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F

S

S

### How is your baby?

Normal, happy and alert

Not him/herself

### Feeding

**Either** taken a little less feed

**or** taken half normal feed

**or** taken a very little feed

### Vomiting (being sick)

More than 1/2 of last 3 feeds

Green vomit

### Nappies

Passed less urine

Poo drier

Poo looser

Blood in poo or nappy

### Levels of alertness

**Either** occasionally drowsy

**or** drowsy most of the time

Unusually floppy

Watching you less

Less interested in what's going on around him/her

### Breathing

Snuffles

Wheezing

