



Checklist for Group B Strep Home Monitoring

As your baby's parents, you are very qualified to watch for possible problems. Use the chart (reverse side) to help you keep track of your observations. Please call your midwife or your pediatrician if you have questions.

- 1. Temperature:** Take your baby's temperature in the armpit every 8 hours – it should be between 97.7-99 degrees Fahrenheit. Newborns rarely run fevers when they're sick. In fact, temperatures BELOW normal are a sign of illness. Be sure that your baby is not over or under dressed. The end of the thermometer should be completely within the fold of the armpit, touching only skin. Don't use an ear thermometer because they are not accurate for newborns.
- 2. Respiratory Rate:** Count your baby's respirations every 8 hours – your baby should breathe 30-60 times in one minute. Normal newborn respirations are somewhat irregular, so you must count them for a full minute. With the baby at rest, watch for the chest to rise and fall, counting each cycle. You should not hear the baby sigh or "grunt" with each breath out. The baby's nostrils should not flare with each breath.
- 3. Activity:** Newborns normally have a long "rest" period of 5-6 hours after birth...they're as tired as you are. After this initial rest, however, every 2-3 hours either the baby should awaken to feed, or you should be able to awaken the baby to feed. A "good" baby who consistently doesn't wake up for a feeding is not behaving normally. One of the best indicators of the baby's condition is good nursing – a healthy baby nurses frequently and vigorously. A healthy baby flexes his limbs close to his body when uncovered. A "limp" baby whose arms and legs are floppy may indicate illness.
- 4. Color:** Many infants have "newborn rash" that comes and goes. It looks like small bites and can be anywhere on the body. Babies are normally pink in color but the presence of blueness or paleness of the hands and feet is not uncommon for the first day or so. It is not normal for the lips to be pale or grayish. When chilled or overstimulated, some babies have mottled skin. It is not normal for mottling to be continuous or occur in a well-warmed baby at rest.

Parent's Observation of Newborn

Time (every 8 hrs)	Temperature in armpit (97.7-99)	Respirations at rest 30-60/min	Activity, ie: sleepy, alert, limp, flexed	Color	Feedings (# since last entry)
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