

HOW CAN I TELL IF MY BABY IS SICK?

Parents are the best source for knowing when their baby is not feeling well. A change in your baby's response or behavior could be a sign that your baby is sick. These may include some of the following:

- ⇨ Extreme crying or irritability
- ⇨ Change in baby's eating patterns
- ⇨ Difficulty waking baby up or baby appears exhausted
- ⇨ Constant coughing
- ⇨ Many liquid stools within a short period of time (6 – 8 hours)
- ⇨ Fewer wet diapers than usual and dark urine
- ⇨ Fever or very warm to touch



WHAT IS A NORMAL TEMPERATURE?

Normal temperature varies depending on what method you use. Normal axillary (armpit) temperature range is 34.7 °C to 37.3 °C (94.5 °C to 99.1 °C).

HOW DO I TAKE MY BABY'S TEMPERATURE?

For children under 6 years of age, use the armpit method.

- Place the tip of the **digital thermometer** in the centre of the armpit making sure that the baby's arm is tucked snugly against his/her body making sure that it touches the bare skin on all sides.
- Keep in place for at least 3 to 4 minutes. Wait for the beep.
- Remove from under the arm and read the temperature. When reporting a temperature to your doctor or nurse, tell them that it was an armpit temperature.
- Refer to your Child Health Passport, Fever Medication Table for correct acetaminophen (Tylenol or Tempra) dosage according to your baby's weight.

Armpit Temperatures		
Fahrenheit	Celsius	
93 °F	= 33.9 °C	
94 °F	= 34.4 °C	
95 °F	= 35.0 °C	Normal Temperature
96 °F	= 35.6 °C	
97 °F	= 36.1 °C	
98 °F	= 36.7 °C	
99 °F	= 37.2 °C	
100 °F	= 37.8 °C	
101 °F	= 38.3 °C	
102 °F	= 38.9 °C	
103 °F	= 39.4 °C	
104 °F	= 40.0 °C	

- ✘ Oral (mouth) temperatures are only recommended for children over 6 years of age.
- ✘ Ear (tympanic) thermometers are not accurate on children under 2 years of age.
- ✘ Rectal thermometers are not recommended for children because of the risk of tearing the rectum.
- ✘ ***Glass thermometers are not recommended for children because of the risk of breakage and mercury exposure.***

CALL THE DOCTOR IF ...

- ❖ Your baby feels hot to touch and you are unable to read the thermometer.
- ❖ Your baby's temperature falls outside of the normal temperature range and you are concerned.