

Caring for Your Baby

There are some things you need to learn to care for your baby. Talk to your baby's nurse or doctor if you have questions.

Feedings

If you are **breastfeeding** your baby, feed your baby every 2-3 hours. Begin breastfeeding for 10 minutes on each breast. Slowly increase the time to 20 minutes on each breast. Burp your baby when changing breasts. Watch the foods you eat. Some things you eat may upset your baby's stomach or cause gas.

If you are **bottle-feeding** your baby, offer formula every 3-4 hours. Begin giving your baby 1-2 ounces of formula at each feeding. Slowly increase the amount of formula. Burp your baby after every few ounces.

Babies have growth spurts in the first 6 months, and will eat more often during them. Watch for feeding cues and feed your baby whenever your baby wants to eat.

Njega bebe

Morate naučiti neke stvari da bi ste mogli pružiti njegu svojoj bebi. Ukoliko imate pitanja, o tome se posavjetujte sa bebinom medicinskom sestrom ili ljekarom.

Hranjenje

Ukoliko **dojite** bebu, hranite je svaka 2 do 3 sata. Dojenje počnite tako što ćete bebu staviti po 10 minuta na svaku dojku. Polako produžite vrijeme na 20 minuta na svakoj dojci. Kada mijenjate dojku, pustite bebu da podrigne. Pazite na hranu koju unosite. Neke stvari koje pojedete mogu uznemiriti bebin stomak ili uticati na stvaranje gasova.

Ukoliko bebu hranite **flašicom**, ponudite joj formulu (vještačko mlijeko) svaka 3 do 4 sata. Počnite tako što ćete bebi dati od 1 do 2 unce (0,29 dl do 0,59 dl) formule po obroku. Lagano povećajte količinu. Nakon nekoliko popijenih unci (decilitara), pustite bebu da podrigne.

U toku prvih 6 mjeseci života bebe prolaze kroz ubrzane periode rasta, u toku kojih će tražiti da više jedu. Pratite znakove gladi i svoju bebu hranite kad god ona to želi.

Feeding Cues

Your baby will give you signals of hunger called feeding cues. Your baby's feeding cues may include:

- Clenched fists
- Hands to mouth
- Licking of lips
- Moving of arms and legs
- Turning the head towards your body
- Sucking sounds
- Crying

Your baby will also show signs when he is full such as fingers open, hands down to his side, relaxed arms and legs.

Burping and Spitting Up

Burp your baby by sitting him upright or holding him up against your chest. Rub or gently pat his back until the air bubble comes up.

It is normal for your baby to spit up small amounts after a feeding or with burping. **Call your baby's doctor** if your baby is spitting up large amounts often or with force.

Znakovi gladi

Vaša beba će vam pokazati znakove da želi jesti, koji se zovu znakovi gladi. Znakovi gladi vaše bebe mogu biti:

- stisnute šake
- stavljanje šaka u usta
- oblizivanje
- pokreti rukama i nogama
- okretanje glave prema vašem tijelu
- sisanje
- plač

Vaša beba će takođe pokazati znakove kada je sita, kao što su otvoreni prsti, šake spuštene niz tijelo, opuštene ruke i noge.

Podrigivanje i bljuckanje

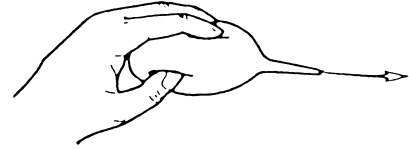
Pustite bebu da podrigne tako što ćete je uspraviti ili držati naslonjenu na vaše grudi. Nježno češkajte ili tapkajte bebina leđa dok se mjehurići zraka ne podignu.

Normalno je da vaša beba pomalo bljucka nakon obroka ili dok podriguje. **Nazovite bebinog ljekara** ako beba počne bljuckati u većoj količini ili s naporom.

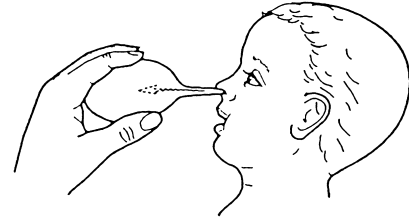
Bulb Syringe

You can use a bulb syringe to clear out mucus from your baby's nose.

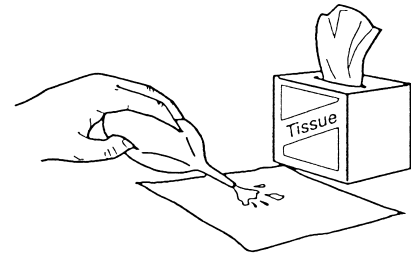
1. Squeeze the air out of the bulb.



2. Gently insert the tip into the nose and then slowly release the bulb. Do not force the tip high into the nose.



3. Remove the bulb and squeeze any fluid into a tissue.



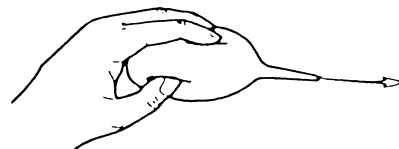
4. Repeat as needed.

5. After you are done, wash the bulb syringe with soap and warm water.

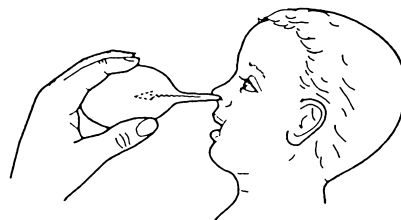
Pumpica za nos

Za čišćenje sekreta iz bebinog nosića, možete koristiti pumpicu.

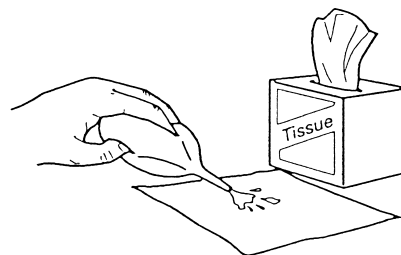
1. Pritisnite pumpicu da izađe zrak.



2. Nježno ubacite vrh pumpice u nos, a onda lagano popuštajte pritisak. Nemojte vrh pumpice gurati duboko u nos.



3. Izvucite pumpicu i pritisnite je kako bi sva tečnost izašla na maramicu.



4. Ponovite ukoliko je potrebno.

5. Kada završite, operite pumpicu sapunom i toplom vodom.

Cord Care

The baby's umbilical cord is clamped at birth. The clamp is removed in the hospital. It takes 7 to 14 days before the cord comes off. Allow the cord to air dry. Until the cord is healed, keep the diaper below the cord. When the cord falls off, there may be a small amount of drainage. Clean with soap and water until it is healed. **Call your baby's doctor** if the cord has a foul odor, a thick yellow or green discharge or if the skin around it becomes red.

Bowel Movements

Most babies will have a sticky greenish-black bowel movement within 48 hours. The stool will then change to greenish-brown, then to a light yellow, mustard color. Breast milk stool will become watery and mustard in color. Formula stool is more formed and yellow in color.

Once babies are 4 days old, they often have 3-4 stools each day. After the first month, your baby may have stools less often. Soft stool is normal.

- **Call your baby's doctor** if your baby has diarrhea or very loose stool for more than 24 hours.
- **Call your baby's doctor** if your baby's stool is very hard or difficult to pass.
- Do not give your baby home remedies or medicine unless told to do so by your baby's doctor.

Njega pupka

Nakon rođenja, na bebinu pupčanu vrpca se zakači štipaljka. Štipaljka se uklanja u bonici. Prije nego što vrpca otpadne treba proći 7 do 14 dana. Pustite da se vrpca suši na zraku. Sve dok pupčana vrpca ne otpadne, pelenu stavljajte ispod pupka. Kada otpadne, može doći do manjeg curenja. Pupak čistite sapunom i vodom sve dok ne zaraste. Ukoliko osjetite da vrpca neugodno miriše, ako se pojavi gust žut ili zelen isjedak, ili koža oko nje pocrveni, **nazovite bebinog ljekara**.

Stolica

Većina beba će imati ljepljivu zeleno-crnu stolicu u toku 48 sati nakon rođenja. Stolica će zatim promijeniti boju u zeleno-smeđu, poslije toga u svijetlo žutu, zlatno-žutu boju. Stolica od majčinog mlijeka će postati vodenasta i zlatno-žute boje. Stolica od formule (vještačkog mlijeka) je čvršća i žuća.

Nakon što bebe napune 4 dana starosti, one često imaju 3 do 4 stolice svaki dan. Nakon prvog mjeseca života, može se desiti da Vaša beba rjeđe ima stolicu. Meka stolica je normalna.

- Ukoliko vaša beba ima proliv ili veoma rijetku stolicu duže od 24 sata, **nazovite bebinog ljekara**.
- Ukoliko je bebina stolica veoma tvrda ili ne može da je izbacij, **nazovite bebinog ljekara**.
- Bebi ne dajite lijekove iz kućne apoteke ili druge lijekove, osim ukoliko takav savjet ne dobijete od bebinog ljekara.

Urine

Expect 5-6 wet diapers each day. Babies can lose fluids very fast. If you think your baby is not getting enough liquids, feed him every 2 hours.

Call your baby's doctor if your baby is not having enough wet diapers.

Diaper Change

Change the diaper when it becomes wet or dirty. This will help prevent skin rashes. Talk to your baby's doctor or nurse about a product to use if your baby's skin becomes red. Use a wet washcloth or baby wipes to gently clean the area well. Be sure to clean between the folds of the genitalia. Stool and pieces of the diaper can sometimes be found in between these folds, so clean well.

- For girls – Clean the genitalia from front to back. This avoids getting stool into the opening leading to the bladder, which may cause an infection.
- For boys – Gently clean the penis.

Fingernails

Trim the fingernails when your baby is sleeping. Cut nails with round tipped baby nail scissors or clippers. Cut nails straight across, but not too close to the skin. You may round off nail corners with a file. Trim nails at least once a week. Keep your baby's nails short so the skin will not get scratched.

Urin

Svaki dan očekujte od 5 do 6 mokrih pelena. Bebe mogu izgubiti tečnost veoma brzo. Ukoliko smatrate da vaša beba ne dobija dovoljno tečnosti, hranite je svaka 2 sata. Ukoliko vaša beba ne mokri dovoljan broj pelena, **nazovite bebinog ljekara**.

Mijenjanje pelena

Kada je bebina pelena mokra ili prljava, promijenite je. Tako ćete spriječiti osip kože. Ako bebina koža pocrveni, posavjetujte se sa bebinim ljekarom ili medicinskom sestrom o proizvodu koji trebate koristiti. Koristite moker peškirić ili mokre maramice za bebe i nježno obrišite prljavu kožu. Obavezno očistite područje između nabora na genitalijama. Ponekad između ovih nabora završe stolica i komadići pelene, tako da ih morate dobro očistiti.

- Kod djevojčica – genitalije čistite sprijeda prema nazad. Na ovaj način ćete spriječiti da stolica dospije u otvor koji vodi prema mokraćnom mjehuru, što može izazvati infekciju.
- Kod dječaka – nježno očistite penis.

Nokti na rukama

Bebine nokte režite dok beba spava. Nokte režite makazicama sa zaobljenim vrhom ili grickalicom. Nokte režite ravno, ali ne previše blizu kože. Čoškove noktiju možete zaobliti turpijom. Nokte režite najmanje jedanputa sedmično. Nokti moraju biti što kraći da se beba ne ogrebe.

Sleeping

Babies sleep safest on their backs. Place your baby on his or her back to sleep with his or her head uncovered. To prevent flat spots on the back of the head, turn your baby's head different directions with each nap. Do not place your baby on his or her tummy to sleep.

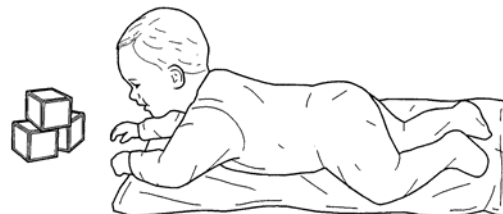
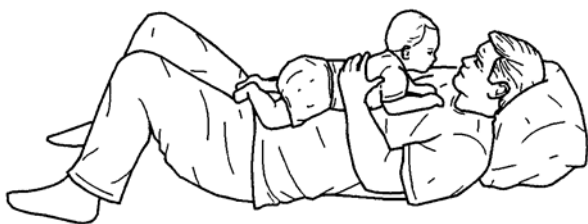
Place your baby on a firm mattress for your baby to breathe safely. Do not place your baby on a soft surface, sofa or waterbed. Remove soft and loose bedding and toys from your baby's sleep area.

Dress your baby in warm sleep clothing to avoid using any blankets. If you do use a blanket, keep blankets and other coverings away from your baby's head. Have the blanket no higher than your baby's chest. Tuck the sides of the blanket under the mattress.

If your baby uses a pacifier, put the pacifier in your baby's mouth. Do not replace it if it falls out during sleep.

Tummy Time

Place your baby on his or her stomach while you spend time with your baby when he or she is awake and ready to play. This will help your baby's muscles in the neck, arms and body get stronger. It also helps your baby avoid flat spots on his or her head, and help your baby learn how to roll, sit, crawl, and pull to stand. Start out with just a few minutes at a time, a few times each day. Increase the time as your baby gets used to it and begins to like it. Play with your baby in this position. **Never leave your baby alone on his or her stomach.**



Spavanje

Najsigurniji položaj za spavanje beba je na leđima. Spustite bebu da spava na leđima, otkrivene glave. Da bi ste spriječili stvaranje pljosnatih površina na pozadini glave, svaki puta kada stavite bebu da spava, promijenite položaj glave. Nemojte stavljati bebu da spava potrbuške.

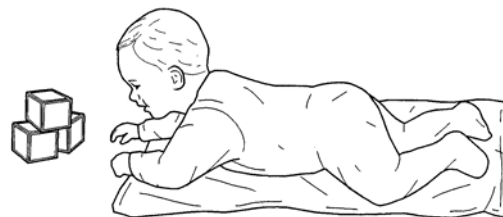
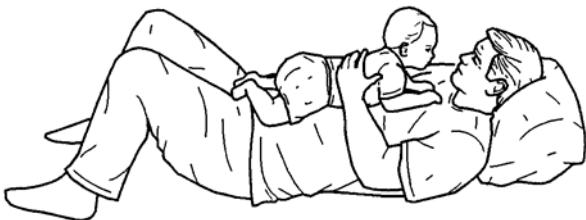
Bebu spustite na čvrst madrac kako bi bezbjedno disala. Ne spuštajte bebu na meku površinu, kauč ili vodeni krevet. Iz prostora gdje beba spava uklonite posteljinu koja je mekana i koja slobodno visi, kao i igračke.

Da bi ste izbjegli korištenje dekica bebu obucite u toplu odjeću za spavanje. Ako ipak koristite dekicu, držite i nju i druge pokrivače daleko od bebine glave. Nemojte dekicu stavljati visočije od bebinih grudi. Krajeve dekice uvucite pod madrac.

Stavite bebi cuclu varalicu u usta ukoliko je koristi. Ako joj cucla ispadne iz usta dok spava, nemojte je vraćati.

Spuštanje na stomak

Kada provodite vrijeme sa bebom dok je budna i spremna za igru, spustite je potrbuške. Ovo će pomoći da vratni mišići, mišići ruku i tijela vaše bebe ojačaju. Ovo će takođe pomoći da se izbjegne stvaranje pljosnatih površina glave, zatim da vaša beba nauči da se prevrće, sjedi, puže i ustaje. U početku ovo radite samo nekoliko minuta i to više puta svaki dan. Kako se beba navikava na to i kako joj se to počne dopadati, produžavajte vrijeme. Igrajte se sa bebom u ovom položaju. **Nikada bebu ne ostavljajte samu dok je okrenuta potrbuške.**



Room Temperature and Dress

Dress your baby with one extra layer more than you are wearing. Do not overdress your baby or let him get too warm. Your baby's room should be at a temperature that is comfortable for an adult. Air conditioning is not harmful to your baby, but keep your baby away from fans and drafts.

Your Baby's Temperature

Take your baby's temperature if your baby is eating poorly, feels warm to the touch, is more irritable or is hard to wake. With new babies, a temperature below 97 degrees or above 100 degrees Fahrenheit may be a sign of an infection. Most doctors want you to take your baby's temperature under the arm, called an axillary temperature. Normal axillary temperature is 97.6 degrees Fahrenheit.

Call your baby's doctor if your baby's temperature is over 100 degrees Fahrenheit. Remove extra layers of clothing and blankets and recheck your baby's temperature in 30 minutes.

Sobna temperatura i oblačenje

Obucite bebi jedan sloj odjeće više nego što vi nosite. Nemojte bebu previše topliti ili pustiti da joj bude prevruće. Temperatura u sobi vaše bebe bi trebala biti ugodna za odrasle. Klimatiziranje prosotra nije štetno za bebu, ali je čuvajte dalje od ventilatora i promaje.

Tjelesna temperatura vaše bebe

Ako beba ne jede dobro, ili je topla kada je dodirnete, razdražljiva ili ju je teško probuditi, izmjerite joj temperaturu. Kod novorođenčadi, temperatura ispod 97 stepeni Ferenhajta (36,1 stepeni Celzijusa) ili iznad 100 stepeni Ferenhajta (38 stepeni Celzijusa) može biti znak upale. Većina ljekara će tražiti da bebi izmjerite temperaturu ispod ruke, a što se takođe zove mjerenje temperature ispod pazuha. Normalna temperatura ispod pazuha je 97,6 stepeni Ferenhajta (36,44 stepeni Celzijusa).

Ukoliko je bebina temperatura viša od 100 stepeni Ferenhajta (38 stepeni Celzijusa), **nazovite bebinog ljekara**. Skinite dodatne slojeve odjeće i dekice i ponovo provjerite bebinu temperaturu za 30 minuta.

Crying

Most babies cry a little each day. Crying is a way of communicating needs, such as hunger, wet, thirsty, cold or bored. It can also be a way to release tension.

With healthy babies, it is normal:

- For the crying to come and go. This most often occurs in the first 3-4 months.
- To cry more and more each day.
- For the baby to keep crying even when you are trying to comfort them.
- For babies to look like they are in pain when crying, even when they are not.
- For the crying to last a long time.
- For crying to happen more in the evening hours.
- For your baby to have a red face, clenched fists, hard and tight stomach, arched back, legs pulled up to their stomach or stiff legs.

A crying baby can frustrate and worry parents. Crying often makes parents think there is something wrong. Understanding what is normal will not make your baby stop crying, but it can make you feel better about yourself and your baby. Always check with your doctor if your baby cries more than you think your baby should.

Pláč

Većina beba pomalo plače svaki dan. Plač je način na koji beba saopštava svoje potrebe, kao što su glad, mokre pelene, žeđ, hladnoća ili im je dosadno. Plač takođe može biti način opuštanja.

Kod zdravih beba je normalno slijedeće:

- Da plač dođe i prođe. Ovo se najčešće dešava prva 3 do 4 mjeseca.
- Da plaču sve više i više iz dana u dan.
- Da beba nastavi plakati čak i kada je pokušavate smiriti.
- Da bebe više djeluju kao da ih nešto boli dok plaču, čak i kad ih ništa ne boli.
- Da plač dugo traje.
- Da plaču češće u večernjim satima.
- Da se bebino lice zacrveni, da skupi šake, da joj je stomačić tvrd i čvrst, da se izvija unazad, da nogice privuče prema stomaku ili da ih koči.

Beba koja plače može isfrustrirati i zabrinuti roditelje. Plač često nagoni roditelje da misle da nešto nije uredu. Shvatanje onoga što je normalno neće pomoći da se zaustavi bebin plač, ali može pomoći da se bolje osjećate i vi i vaša beba. Ako vaša beba plače više nego što smatrate da treba, o tome se posavjetujte sa ljekarom.

Soothing a Crying Baby

Respond to the crying quickly to prevent your baby from becoming too upset. This will not spoil your baby. **Never shake your baby.** This causes serious injuries. Get help or take a break before you get too upset.

Try these actions to calm your baby:

- Cuddle or swaddle your baby in a blanket and hold him close to you.
- Place your baby's head near your heart.
- Let your baby suck on his or her finger or a pacifier.
- Rock, walk with your baby or take him or her for a ride in a stroller or a car.
- Talk to your baby in a steady, soft voice.
- Sing, hum or coo softly to your baby.
- Turn on something with a rhythmic sound such as music, a fan, and clothes dryer.
- Keep the lights low and the room quiet.

Try to stay calm. Take a break. A crying baby can be stressful. Have someone watch and comfort your baby while you relax. **Call your baby's doctor** for advice if you feel your baby:

- Cries too much
- Has cries that are loud, piercing or do not stop
- Cries more than 3 hours each day and more often than 3 days each week

Smirivanje uplakane bebe

Brzo odgovorite na plač da se vaša beba ne bi previše uznemirila. Time nećete razmaziti bebu. **Nikada je nemojte tresti.** Tresenje uzrokuje ozbiljne povrede. Odmorite se ili napravite pauzu prije nego što se previše uznemirite.

Da bi smirili bebu, preduzmite slijedeće mjere:

- zagrlite ili uvijte bebu u dekiću i držite je uz sebe;
- bebinu glavicu stavite blizu svog srca;
- pustite bebu da siše prstić ili cuclu varalicu;
- ljuljajte je, šetajte sa svojom bebom ili je izvezite u vožnju kolicima ili autom;
- sa bebom razgovarajte mirnim, nježnim glasom;
- pjevajte, pjevušite ili joj tepajte;
- uključite joj nešto što stvara ritmičan zvuk, poput muzike, ventilatora, ili mašine za veš;
- u sobi održavajte mir, a svjetla prigušite.

Pokušajte ostati mirni. Napravite pauzu. Uplakana beba vas može uznemiriti. Neka je neko drugi nadgleda i utješi dok se vi opušate. **Nazovite bebinog ljekara** ukoliko smatrate da vaša beba:

- previše plače
- plače glasno, prodorno i ne zaustavlja se
- plače duže od 3 sata svakodnevno ili češće od 3 dana sedmično

Shaken Baby Syndrome

Shaken Baby Syndrome is brain damage caused by someone shaking a baby even one time. Normal playing with a child, like bouncing the baby gently on a knee, will not cause brain damage, but **never shake a baby**. Make sure to tell anyone caring for your baby to never shake your baby.

Pacifiers

Babies like to suck. Pacifiers can help calm babies. If you are breastfeeding, do not use a pacifier until your baby is breastfeeding well. Never use a string to attach the pacifier around your baby's neck. Do not use a bottle nipple as a pacifier.

Bathing

You may give your baby a sponge bath. Do not put your baby into a tub of water until the cord falls off, the umbilical area heals and the circumcision heals for boys.

The temperature of the water should be 100 degrees Fahrenheit or 37 degrees Celsius to prevent chilling or burning. If you do not have a bath thermometer, use your wrist to test the water. It should feel warm, **not** hot. The room should be free of drafts, such as open windows or fans.

Never leave your baby alone, even for a second. If the telephone rings or someone knocks on the door ignore it and finish the bath. Accidents can occur quickly. Always support your baby's head during the bath. Keep a firm grip on your baby. A soapy baby can be very slippery.

Bathe your baby every 3–4 days. It is best to bathe your baby before a feeding.

Sindrom tresenja djeteta

Sindrom tresenja djeteta (Shaken Baby Syndrome) je oštećenje mozga do kojeg dođe kada se beba prodrma čak i jedanputa. Normalna igra sa djetetom, kao što je nježno treskanje bebe preko koljena neće prouzrokovati oštećenje mozga, ali **nikada nemojte tresti bebu**. Obavezno recite svima koji pružaju njegu vašoj bebi da je nikada ne tresu.

Cucle varalice

Bebe vole da sišu. Cucle varalice mogu pomoći da se beba smiri. Ako dojite, nemojte koristiti cuclu varalicu sve dok vaša beba ne nauči da jako siše. Nikada nemojte kačati cuclu varalicu na vezicu ili lančić da bi je stavili bebi oko vrata. Nemojte koristiti cuclu za flašicu umjesto cucle varalice.

Kupanje

Bebu možete kupati spužvom. Bebu nemojte spuštati u kadicu sa vodom dok joj ne otpadne pupčana vrpca, područje oko pupka ne zaraste, a kod dječaka ne zaraste rana poslije obrezivanja.

Da bebi ne bi bilo hladno ili da se ne oprži, temperatura vode mora biti 100 stepeni Ferenhajta ili 38 stepeni Celzijusa. Ako nemate termometar za vodu, za provjeru temperature vode koristite ručni zglob. Voda treba biti topla, ali **ne** vrela. U sobi ne smije biti promaja, kao što je promaja od otvorenih prozora ili ventilatora.

Nikada bebu ne ostavljajte samu, čak ni na sekundu. Ako zazvoni telefon ili neko zakuca na vrata, ne obraćajte pažnju nego završite sa kupanjem. Do nesreće može brzo doći. Uvijek u toku kupanja poduprite bebinu glavicu. Čvrsto držite bebu. Koža nasapunjane bebe može biti veoma klizava.

Bebu kupajte svaka 3 do 4 dana. Najbolje je bebu kupati prije nego što jede.

Washing Baby's Clothes

In the first few months, a detergent made for a baby, such as Dreft or Ivory Snow may be used because it is gentle on a baby's skin. You may also use detergent without fragrance. Do not use bleach because it can irritate your baby's skin.

Vaccines

Vaccines help prevent diseases. These are given in the doctor's offices and health clinics. To protect your baby's health, vaccines should be given on a schedule. Be sure that your baby gets all his or her vaccines. Take the vaccine record with you to all doctors' appointments. Vaccines for children are free through your local health department.

Pranje bebine odjeće

Prvih mjeseci možete koristiti detrdžent proizveden za bebe, kao što je npr. „Dreft“ ili „Ivory Snow“ jer je nježan za bebinu kožu. Takođe možete koristiti deterdžent bez mirisa. Nemojte koristiti sredstva za izbjeljivanje zato što mogu nadražiti bebinu kožu.

Vakcine

Vakcine pomažu da se spriječe bolesti. One se primaju u ljekarskoj ordinaciji i u zdravstvenim ustanovama. Da bi ste zaštitili zdravlje vaše bebe, ona mora redovno primati vakcine. Pobrinite se za to da vaša beba primi sve vakcine. Na sve ljekarske preglede nosite sa sobom knjižicu vakcinacija. Dječije vakcine koje se daju u vašoj lokalnoj zdravstvenoj ustanovi su besplatne.

When Should I Call My Baby's Doctor?

- **Call 911** if your baby turns blue or has trouble breathing.
- **Call your baby's doctor** if your baby has any of the following:
 - Cries non-stop or is more irritable
 - A temperature above 100 degrees Fahrenheit under the arm
 - Frequent discharge from the eyes
 - A hard time breathing
 - Yellowing or rash on the skin that gets worse
 - Redness discharge or a foul smell from the umbilical cord
 - Baby is breastfeeding less often or taking less formula for more than 8 hours
 - Green vomit or vomiting after more than two feedings in a row
 - Baby is hard to wake up
 - No wet diaper for more than 8 hours
 - Change in stool patterns, constipation or diarrhea.
 - Cough that will not go away, especially if there is a rash.

Talk to your baby's doctor or nurse if you have any questions or concerns.

Kada trebam nazvati bebinog ljekara?

- **Nazovite 911** ako koža vaše bebe poplavi ili ako teško diše.
- **Nazovite bebinog ljekara** ako vaša beba ima bilo koji od slijedećih simptoma:
 - non-stop plače ili je razdražljivija
 - temperatura izmjerena ispod pazuha je viša od 100 stepeni Ferenhajta (38 stepeni Celzijusa)
 - često krmelja
 - teško diše
 - žutilo ili osip kože koji se pogoršava
 - crvenilo, iscjedak ili neugodan miris pupčane vrpce
 - beba rjeđe siše majčino mlijeko ili pije manje formule duže od 8 sati
 - povraća ili zeleno, ili povraća nakon više od dva uzastopna obroka
 - teško ju je probuditi
 - pelena nije bila mokra duže od 8 sati
 - promjena stolice, odnosno beba ima konstipaciju (zatvor) ili proliv
 - kašalj koji ne prestaje, naročito ako je popraćen osipom

Ukoliko imate dodatnih pitanja ili osjećate zabrinutost, o tome se posavjetujte sa bebinim ljekarom ili medicinskom sestrom.

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Caring for Your Baby. Bosnian.