

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 to 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 to 4 hours. Begin giving your baby 1 to 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.

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.

Njega vaše bebe

Postoji nekoliko stvari koje morate naučiti kada je u pitanju njega vaše bebe. Ukoliko imate pitanja, obratite se ljekaru zaduženom za vašu bebu ili medicinskoj sestri .

Hranjenje

Ukoliko **dojite** , bebu hranite svaka 2 do 3 sata. Počnite tako što ćete bebu hraniti na obje dojke po 10 minuta. Kasnije postupno produžavajte vrijeme dojenja na 20 minuta za svaku dojku. Pustite da beba podigne kada budete mijenjali dojku. Pazite na hranu koju jedete. Neke stvari koje pojedete mogu uznemiriti bebin stomak ili joj stvoriti gasove.

Ukoliko bebu hranite na **flašicu** dajte joj formulu 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. Postepeno povećavajte količinu formule. Pustite bebu da podigne nakon nekoliko popijenih unci (decilitara).

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

Znakovi gladi

Vaša beba će vam, kada je gladna, davati signale koje nazivamo znakovi gladi. To mogu biti:

- Stisnute šake
- Šake u ustima
- Oblizivanje usana
- Pokreti rukama i nogama
- Okretanje glave prema vašem tijelu
- Zvukovi sisanja
- Plač

Vaša beba će vam također dati znak kada je sita – imat će rastvorene prste, spustit će ruke niz tijelo i imati opušteno ruke i noge.

Burping and Spitting Up

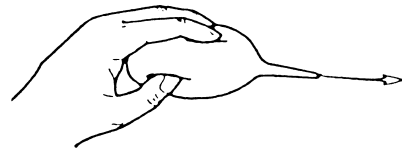
Burp your baby by sitting him upright or holding him up against your chest. Rub or gently pat his back until the air bubble comes up.

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.

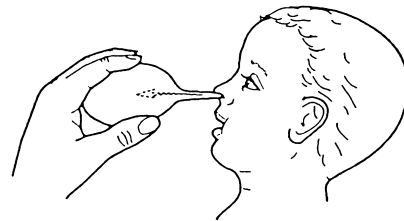
Bulb Syringe

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

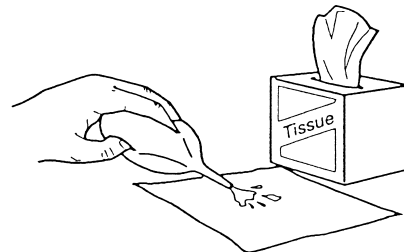
1. Squeeze the air out of the bulb.



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.

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 until is healed.

Podrigivanje i bljuckanje

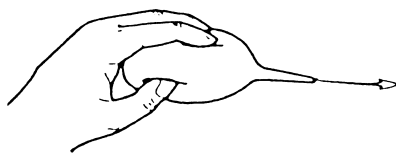
Bebu pustite da podrigne tako što ćete ju uspraviti ili držati na svojim grudima. Nježno je trljajte ili tapšite po leđima dok se mjehurići zraka ne podignu.

Normalno je da vaša beba pomalo bljucne nakon obroka ili dok podriguje. **Pozovite bebinog ljekara** ako beba počne bljuckati u obilnije ili snažnije.

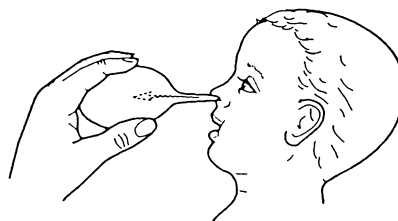
Pumpica za nos

Za čišćenje sekreta iz bebinog nosa možete upotrijebiti pumpicu za nos.

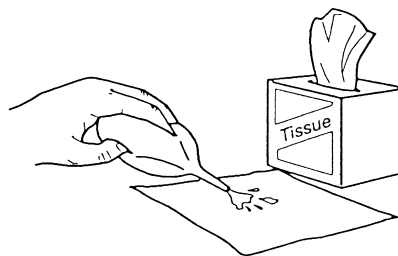
1. Istisnite zrak iz pumpice.



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



3. Izvadite pumpicu iz nosa i obrišite tekućinu od maramicu.



4. Ponovite po potrebi.

5. Kad završite, operite pumpicu sapunom i mlakom vodom.

Njega pupka

Bebina pupčana vrpca se nakon rođenja zaveže štipaljkom. Štipaljka se uklanja u bolnici. Potrebno je 7 do 14 dana da pupčana vrpca otpadne. Pustite da se pupčana vrpca osuši na zraku. Sve dok ne otpadne, pelenu stavljajte ispod pupka. Kada otpadne, može doći do manjeg curenja. Pupak treba čistiti sapunom i vodom dok ne zacijeli.

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 to 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.

Urine

Expect 5 to 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.

Pozovite bebinog ljekara ukoliko osjetite da vrpca neugodno miriše, ako se pojavi gust žut ili zelen iscjedak ili ako koža oko nje pocrveni.

Stolica

Većina beba ima ljepljivu zeleno-crnu stolicu u prvih 48 sati nakon rođenja. Stolica će potom promijeniti boju u zeleno-smeđu, a nakon toga u svijetlo-žutu. Stolica od majčinog mlijeka će biti vodenasta i zlatno-žute boje. Stolica od formule je čvršća i žuća.

Od četvrtog dana starosti, bebe stolicu imaju i po 3 do 4 puta dnevno. Nakon prvog mjeseca života, može se dogoditi da vaša beba rjeđe ima stolicu. Meka stolica je normalna.

- **Pozovite bebinog ljekara** ako vaša beba ima proliv ili veoma rijetku stolicu duže od 24 sata.
- **Pozovite bebinog ljekara** ako vaša beba ima tvrdnu stolicu ili ne može je izbaciti.
- Bebi nemojte davati bilo kakve kućne pripravke ili lijekove ukoliko vam to bebin ljekar ne naloži.

Urin

Očekujte 5 do 6 mokrih pelena dnevno. Bebe vrlo brzo gube tečnost. Ako mislite da vaša beba ne dobiva mnogo tečnosti, hranite je svaka dva sata. **Pozovite bebinog ljekara** ako beba dovoljno ne mokri.

Mijenjanje pelena

Pelenu promijenite kad je mokra ili uprljana. Tako ćete spriječiti osip na koži. Posavjetujte se sa bebinim ljekarom ili medicinskom sestrom o proizvodu koji trebate koristiti ako bebina koža pocrveni. Koristite mokrar peškirić ili vlažne maramice za bebe i nježno izbrišite prljavu kožu. Obavezno očistite područje između nabora na genitalijama. Ponekad tu ostanu tragovi stolice i komadići pelene, tako da ih trebate dobro očistiti.

- Kod djevojčica – Genitalije čistite sprijeda prema pozadi. Na ovaj način ćete spriječiti da stolica dospije u otvor koji vodi prema mokraćnom mjehuru, što može izazvati infekciju.

- 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.

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.**



- Kod dječaka – Nježno očistite penis.

Nokti

Bebi skraćujte nokte dok spava. Nokte režite zaobljenim makazicama ili grickalicom. Režite ih ravno, ali nikako blizu kože. Ugllove noktiju možete zaobliti turpijom. Nokte režite najmanje jedan put sedmično. Nokti moraju biti što kraći da se beba ne ogrebe.

Spavanje

Najsigurniji položaj za spavanje za bebu je na leđima. Položite bebu da spava na leđima otkrivene glave. Kako biste spriječili stvaranje pljosnate površine na pozadini glave, promijenite položaj glave vaše bebe svaki put kad je stavite na spavanje. Ne stavljajte bebu da spava potrbuške.

Bebu stavite na čvrst madrac kako bi mogla bezbjedno disati. Ne stavljajte je na mekanu površinu, kauč ili vodeni krevet. Iz prostora u kojem beba spava sklonite posteljinu koja je mekana, kao i igračke.

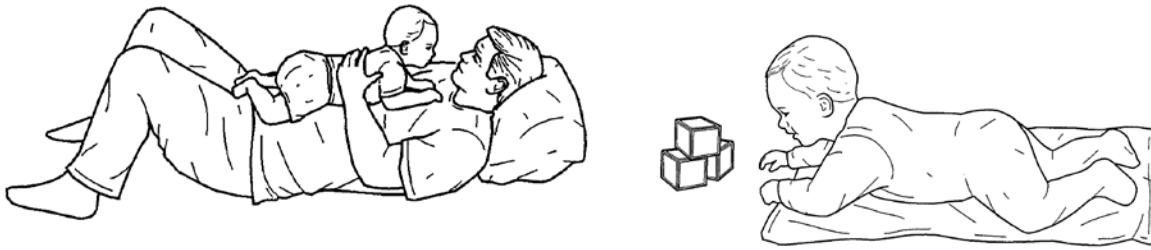
Kako biste izbjegli korištenje deka, bebu odijevajte u toplu odjeću za spavanje. Ako ipak budete koristili dekiću, i nju i druge pokrivače držite podalje od bebine glave. Bebu ne pokrivajte dekićom iznad njenih grudi. Krajeve dekiće uvucite pod madrac.

Ako beba koristi cuclu, dajte joj je. Ako joj cucla ispadne iz usta dok spava, nemojte je vraćati.

Spuštanje na stomak

Kada provodite vrijeme sa svojom bebom dok je budna i spremna za igru, polegnite je potrbuške. Ovo će omogućiti da bebini vratni mišići, mišići ruku i tijela ojačaju. Ovo će također onemogućiti da se kod bebe formira spljoštenu potiljak, a pomoći će i da vaša beba nauči kako da se prevrće, sjedi, puže i ustaje. U početku ovo radite po nekoliko minuta, i to nekoliko puta na dan. Kako se beba postepeno bude navikavala na to i kako joj se to počne dopadati, produžavajte vrijeme. Igrajte se s bebom u ovom položaju. **Bebu nikada nemojte ostavljati 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.

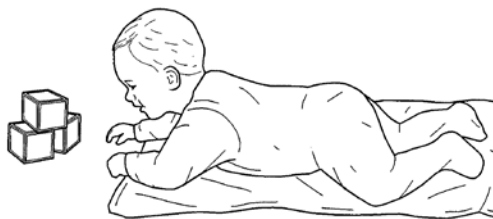
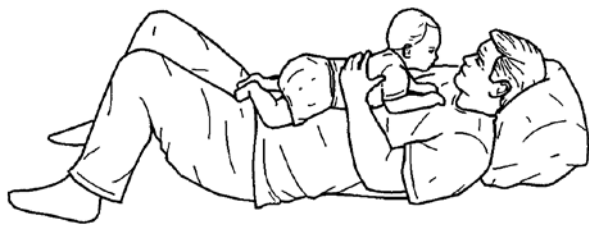
Call your baby's doctor if your baby's temperature is over 100.4 degrees Fahrenheit. Remove extra layers of clothing and blankets and recheck your baby's temperature in 30 minutes.

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 to 4 months.
- For the baby to keep crying when you are trying to comfort them.
- For crying to happen more in the evening hours when baby is tired.
- 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.
- For the crying to last a long time.



Sobna temperatura i odijevanje

Obucite bebi jedan sloj odjeće više nego što vi nosite. Nemojte je previše topliti ili dozvoljavati da joj bude prevruće. Temperatura u bebinoj sobi trebala bi biti ugodna za odrasle. Klimatiziranje prostora nije štetno po bebu, ali držite je podalje od ventilatora ili propuha.

Tjelesna temperatura vaše bebe

Izmjerite temperaturu bebi ukoliko ona slabo jede ili je topla na dodir, razdražljiva ili ako ju je teško probuditi. Kod novorođenčadi, temperatura ispod 97 stepeni Fahrenheita (36,1 stepeni Celzijusa) ili iznad 100 stepeni Fahrenheita (37,8 stepeni Celzijusa) može biti znak upale. Većina ljekara tražit će od vas da bebi mjerite temperaturu ispod ruke, tzv. mjerenje temperature ispod pazuha. Normalna temperatura ispod pazuha iznosi 97,6 stepeni Fahrenheita (36,4 stepeni Celzijusa).

Pozovite bebinog ljekara ukoliko je bebina temperatura viša od 100,4 stepeni Fahrenheita (38 stepeni Celzijusa). Skinite dodatne slojeve odjeće i dekice i ponovo provjerite bebinu temperaturu za 30 minuta.

Plać

Većina beba pomalo plače svaki dan. Plać je način na koji se saopštavaju potrebe – glad, mokre pelene, žeđ, hladnoća ili dosada. Plać može biti i način opuštanja.

Kod zdravih beba normalno je da:

- Plać dođe i prođe. To se najčešće događa u prva 3 do 4 mjeseca.
- Beba plače i kada je pokušavate umiriti.
- Beba više plače u večernjim satima kada je umornija.
- Beba bude crvena u licu, stisnutih šaka, tvrdog i zategnutog trbuha, da se izvija unazad, da nogice privuče prema stomaku ili da ih koči.
- Plać dugo traje.

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.

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

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.

Bebin plač roditelje frustrira i zabrinjava. Roditelji često misle da nešto nije u redu čim beba plače. Ukoliko razumijete šta je normalno, možda nećete utjecati na to da vaša beba prestane plakati ali vam može pomoći da se bolje osjećate zbog sebe i zbog svoje bebe. Uvijek se posavjetujte sa ljekarom ukoliko mislite da vaša beba plače više nego mislite da treba.

Kako umiriti uplakanu bebu

Brzo reagirajte na plač kako se beba ne bi previše uznemirila. Ovo neće razmaziti vašu bebu. **Bebu nikada nemojte tresti.** To može prouzrokovati ozbiljne povrede. Potražite pomoć ili se odmorite prije nego se isuviše uznemirite.

Da biste umirili bebu, probajte slijedeće:

- Umotajte svoju bebu u dekidu i držite je u naručju.
- Bebinu glavu držite kraj svog srca.
- Pustite da beba siše svoj palac ili cuclu.
- Bebu ljuljajte, šetajte s njom ili je provozajte u kolicima ili autu.
- Pričajte svojoj bebi postojanim, nježnim glasom.
- Pjevajte, pjevušite ili nježno tepajte svojoj bebi.
- Uključite nešto što stvara ritmičan zvuk – muziku, fen ili sušilicu za veš.
- Svjetla držite prigušenim, a prostorija neka bude tiha.

Pokušajte ostati mirni. Napravite pauzu. Beba koja plače može prouzrokovati dosta stresa. Nađite nekoga ko će paziti i smiriti vašu bebu dok se vi odmarate. **Pozovite bebinog ljekara** ako primijetite da:

- Previše plače
- Ima glasan, prodoran i neprekidan plač
- Plače više od tri sata dnevno i češće od tri dana u sedmici

Sindrom protresenog djeteta

Sindrom protresenog djeteta je oštećenje mozga koje može prouzrokovati neko ko čak i samo jedanput protrese bebu. Normalna igra s djetetom poput ljuljanja ili nježnog cupkanja na koljenu neće uzrokovati oštećenje mozga, ali **bebu nikada nemojte tresti**. Kažite svima koji vode brigu o vašoj bebi da to ne rade.

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 to 4 days. It is best to bathe your baby before a feeding.

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.

Cucle varalice

Bebe vole sisati. Varalice će vam pomoći da umirite bebu. Ako dojite, nemojte bebi davati varalicu dok ne počne dobro dojiti. Nikada nemojte vrpcom vezati varalicu oko bebinog vrata. Nemojte bebi davati cuclu sa flašice umjesto prave varalice.

Kupanje

Bebu možete kupati spužvom. Ne spuštajte bebu u kadu s vodom dok joj ne spadne pupčana vrpca, pupak ne zaraste i ne zacijeli ranica od obrezivanja kod dječaka.

Temperatura vode bi trebala iznositi 100 stepeni Fahrenheita ili 37 stepeni Celzijusa da bebi ne bi bilo previše hladno ili da se ne oprži . Ako nemate termometar za kupatilo, temperaturu vode možete provjeriti i rukom. Voda treba biti topla, ali **ne** vrela. U sobi ne smije biti propuha, kao npr. propuh 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 na to nego završite sa kupanjem. Do nesreće može brzo doći. Prilikom kupanja uvijek pridržavajte glavu svoje bebe. Bebu čvrsto držite. Koža nasapunane bebe može biti veoma klizava.

Kupajte bebu svaka 3 do 4 dana. Najbolje je bebu kupati prije jela.

Pranje bebine odjeće

U prvih nekoliko mjeseci mogu se koristiti deterdženti kao što su Dreft ili Ivory Snow koji su namijenjeni bebama i koji su nježni za bebinu kožu. Možete također koristiti i deterdžent bez mirisa. Ne koristite sredstva za izbjeljivanje jer mogu iritirati kožu vaše bebe.

Vakcine

Vakcine pomažu u sprečavanju bolesti. Daju se u ljekarskim ordinacijama i klinikama. Kako biste zaštitili zdravlje svoje bebe, vakcinaciju trebate provoditi po zadanom rasporedu. Pobrinite se da vaša beba primi sve potrebne vakcine. Ponesite evidenciju vakcina na svaki ljekarski pregled. Vakcinacija djece je besplatna u vašoj lokalnoj zdravstvenoj ustanovi.

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 100.4 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.

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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 mjerena ispod pazuha iznosi preko 100,4 stepena Fahrenheita (ili 38 stepeni Celzijusa)
 - ▶ Često krmelja
 - ▶ Teško diše
 - ▶ Ima žutilo ili osip kože koji se pogoršava
 - ▶ Crvenilo, iscjedak ili neugodan miris pupčane vrpce
 - ▶ Beba rjeđe doji ili uzima manje formule u više od osam sati
 - ▶ Povraća zeleni sadržaj ili povraća nakon više od dva uzastopna obroka
 - ▶ Teško ju je probuditi
 - ▶ Pelena nije bila mokra duže od 8 sati
 - ▶ Stolica se promijenila, odnosno beba ima konstipaciju (zatvor) ili proliv
 - ▶ Kašalj koji ne prestaje, naročito ako je popraćen osipom

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

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