

Know the signs – Be prepared

Parents are usually good at noticing when something is wrong with their baby from quite early on. It is normal to worry that you won't recognise the signs that your baby is unwell. Trust your instincts - you know your baby better.

Learning how to spot the signs of serious illness and how to cope if an accident happens will be really useful for you and your child. If you know the basics and you are well prepared, you will find it easier to manage and take action. Keep a small supply of suitable medicines somewhere up high where a child cannot reach them.

Make sure they are suitable for your child, follow the instructions carefully and check use by dates. If your baby seems to be very poorly it's important to get medical attention as soon as possible.

Download [A Guide for Parents and Carers of children from 0-5 years – Common childhood illnesses](#) for more useful information.

Stop

I have a new baby at home and I am worried I won't know what to do or what to look out for.

Think

Be prepared so that if they do become unwell you will know what to do and who to contact.

Do

Keep a small supply of suitable medicines. Keep emergency numbers in a place you can find them quickly.

This information cannot replace specialist treatment. If you are still worried, contact NHS 111 or a doctor (e.g. your GP practice or walk-in centre).

Pharmacist's tip

Keep a small supply of suitable medicines. Include things like:

- Thermometer (See page 30)
- Plasters
- Liquid painkillers (e.g. baby paracetamol)
- Barrier cream.

