



If your baby is unwell, **THINK HEART** and use this simple 5 stage checklist to spot any signs of a possible underlying heart problem.

## HEART RATE

Too fast or slow?  
(normally 100 to 160  
beats per minute)

## ENERGY

Sleepy, quiet, too  
tired to feed or falling  
asleep during feeds?

## APPEARANCE

Is your baby a pale,  
waxy, dusky, blue or  
grey colour?

## RESPIRATION

Breathing too fast or  
slow? (normally 40-60  
breaths per minute)

## TEMPERATURE

Cold to touch - partic-  
ularly hands and feet?

If your baby has any of these symptoms or you are worried about your child's general health contact your GP.

For more information please contact CHF:

Freephone helpline:  
**0808 808 5000**

Email:  
**info@chfed.org.uk**

Online:  
**www.chfed.org.uk**

