



When a baby is unwell think **HEART** to help spot the signs of an underlying heart condition. Early detection saves lives.

H

Heart rate

Is it too fast or slow? (Normally 100-160 beats per minute)

E

Energy

Is the baby sleepy, quiet, too tired to eat, falling asleep during feeds?

A

Appearance

Is the baby pale, waxy, dusky or blue or grey in colour?

R

Respiration

Is breathing too fast or slow? (Normally 40-60 breaths per minute)

T

Temperature

Is the baby cold to touch, particularly hands and feet?



The Children's Heart Federation (CHF) is the UK's leading children's heart charity. We support children with congenital and acquired heart disease and their families.

If your baby has any of these symptoms or you are worried about your child's general health, it is important to let your GP know.

Contact details

-  www.chfed.org.uk
-  info@chfed.org.uk
-  0300 561 0065
-  0808 808 5000
-  @chfed
-  /chfed

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