

# Newborn Dark Lips Cheat Sheet

## Quick Reference for Parents

Category	What It Means
Common & Usually Harmless	<ul style="list-style-type: none"><li>- Natural skin pigmentation</li><li>- Mild bruising from birth</li><li>- Temporary dryness or chapping</li><li>- Darkening after breastfeeding/sucking</li></ul>
Watch Closely	<ul style="list-style-type: none"><li>- Lips appear darker only at times (crying, cold exposure)</li><li>- Accompanied by mild fussiness but baby otherwise alert</li><li>- Resolves quickly when baby is calm/warm</li></ul>
Call Pediatrician Immediately	<ul style="list-style-type: none"><li>- Persistent blue, purple, or gray lips</li><li>- Baby is struggling to breathe</li><li>- Poor feeding or very sleepy</li><li>- Lips/nail beds don't return to pink with warmth</li></ul>

Always check lips in good lighting — sometimes shadows make them look darker.  
If unsure, trust your instincts and call your pediatrician.  
For any breathing difficulty, call emergency services right away.