

Newborn Temperature Cheat Sheet

Quick Reference for Parents

Situation	Baby ' s Temperature	What To Do
Normal	97.5 – 99.5 ° F (36.4 – 37.5 ° C)	All is well
Fever	100.4 ° F (38 ° C)	Call pediatrician immediately
Low Temp	97 ° F (36.1 ° C)	Warm baby & call doctor if not improving

Tip: Dress your baby in one more layer than you ' re wearing for comfort.
Skin-to-skin contact is the best natural warmer for your baby.
Always call your pediatrician if you ' re unsure.