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# **Signs** that indicate your baby may have a CHD...

**#CHDAwarenessWeek**

*Raise hope by raising awareness*



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Think **H-E-A-R-T...**



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#1

## Heart Rate

With CHDs, the heart rate may be **too fast or too slow**. A normal heart rate is between **100 – 160 bpm**.



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#2

Energy

Babies with a CHD **lack energy**, fall asleep during feeding and lack energy to play.



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**#3**

## **Appearance**

A **pale blue or grey skin** colour with sweat around the head area.



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#4

## Respiration

A fast breathing rhythm at rest or during sleep.  
**Normal breathing rate is 40-60 breaths a minute.**



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#5

## Temperature

A CHD baby usually has  
**cold hands and feet.**



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