

Symptom	Tick if your baby has this symptom
Crying and irritability for more than 3 hours	
Regurgitation of milk	
Regurgitation of clear fluid	
Arching when feeding or after feeding	
Wheezing on an ongoing basis	
Nasal congestion	
Hiccoughs	
Baby continually swallowing	
Baby comfort feeds	
Baby is in constant motion	
White milk can be seen on the tongue	
Baby sweats excessively	
Baby refuses feeds	
Baby has a cough	
Baby is not gaining weight	

Use this chart to document your child's symptoms. When you go to see your Health Professional, bring your Symptom Checker with you as this will be helpful in assisting them to make a diagnosis. It also ensures that you will remember to tell your Health Professional everything! You can also use the Symptom Management Chart. By observing and grading 5 key areas you will get a broad picture of how baby is doing over a full week. This allows you to record the various symptoms to allow your Medical Practitioner to look at them objectively.