

NAME _____
DATE _____
WEIGHT _____ (_____ %)
LENGTH _____ (_____ %)
HEAD _____ (_____ %)



FOR YOUR 2 WEEK OLD

FEEDING

Breastfeed your baby on demand, at least every 2-3 hours (8-12 feedings per day). The length of a feeding varies, so feed until your baby seems content.

Continue prenatal vitamins while breastfeeding.

Expect a growth spurt between 3-6 weeks of age. This is normal and your baby may want to eat more.

If you breastfeed exclusively, add a vitamin D supplement. 400 IU/d of vitamin D is recommended and is available over the counter at drugstores in many forms (i.e. BabyD drops).

Formula fed babies should also be on a vitamin D supplement unless they are drinking 32 ounces per day.

If you are thinking about switching brands of formula, please call and talk to us first.

If bottle feeding, feed your baby 1-3 ounces every 3-4 hours. Occasionally, your baby may need a bottle sooner. As your baby grows, his formula intake will increase, too.

Review the formula preparation instructions carefully. Do not heat formula in the microwave.

Healthy babies do not need supplemental water.

Do not give honey/Karo syrup in the first year.

ELIMINATION

Breastfed babies have small, frequent, yellow stools with a pasty, watery, or curd-like consistency. The frequency varies widely - a few per day to a few per week is normal.

Bottle fed babies usually have 2-4 soft brown, green or yellow stools each day.

A healthy, well-hydrated baby should have 6-8 wet diapers each day.

SLEEP

There are several ways to decrease the risk of SIDS: Avoid bumpers in the crib, room sharing but not bed sharing, avoid smoking, consider a pacifier during sleep, and ALWAYS place your baby on his back to sleep on a firm, flat mattress. Car seats and other sitting devices are not recommended for routine sleep.

The average baby sleeps 16 1/2 hours per day in the first month of life. It is normal for your baby to sleep more on some days and less on others.

Your baby is too young to cry himself to sleep at this age. Your baby cries to communicate that he needs something from you (like feeding or changing).

DEVELOPMENT (BIRTH TO 4 WEEKS)

Raises head slightly when lying on tummy - allow for "tummy time" every day while you both are awake.

Blinks in reaction to bright light.

Focuses on your face when held closely.

Responds to sound by startling or quieting.

FOR YOUR 2 WEEK OLD

SAFETY

Always use a car seat made for an infant and place it rear-facing in the back seat until 2 years of age. Make sure the straps are tight across the baby's chest.

Always make sure your baby is sleeping in a safe place.

The crib slats should be less than 2-3/8 inches apart.

Take an infant CPR class.

Set your hot water heater to 120°F to prevent burns and never drink hot liquids while holding your baby.

Never leave your baby unattended on the bed, sofa, car, changing table, or in the bathtub.

OTHER THINGS TO KEEP IN MIND

Hold, talk, and sing to your baby.

Show your baby affection – you cannot spoil a newborn!

Protect from sun exposure with clothing, hats, blankets, or an umbrella.

Know the signs of illness – temperature **over 100.4** rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to see if these symptoms need further evaluation. Encourage careful hand washing for all contacts.

Shaking or spanking your baby may cause serious injury or death.

Watch your pets carefully around your baby.

Do not smoke around your baby, especially inside your home or car. It may lead to respiratory problems and allergies, and increases their risk of SIDS. This is a great time to consider quitting!

To protect your baby from **pertussis** (whooping cough), everyone who has contact with your baby should have had a Tdap immunization within the last 5 years. Everyone caring for your baby should also get a yearly flu vaccine. Contact your physician or the health department to receive an updated vaccine.

Install and maintain smoke and carbon monoxide detectors.

For congested infants, over-the-counter nasal saline can be helpful. Place 2 drops into each nostril, wait 30 seconds, and aspirate with a bulb syringe. Do this as needed or up to 3 times a day.

SUGGESTED READING

- “What to Expect the First Year”
- “Guide to Your Child’s Sleep (AAP)”
- “Your child, Birth to 5 years (AAP)”

WEBSITES

- www.carypediatriccenter.com
- www.aap.org
- www.cdc.gov/vaccines
- www.seatcheck.org
- www.healthychildren.org

ADDITIONAL INSTRUCTIONS

YOUR NEXT APPOINTMENT WILL BE WHEN YOUR BABY IS 2 MONTHS OLD

at the two month check-up...

- Your baby will have a physical examination.
- Your questions and concerns will be answered.
- Your baby will receive vaccines.