

## 2 Week Visit



### NUTRITION:

Your baby at this age should be fed breast milk or formula. Feed every 2-3 hours during the day. If you're breast feeding, feed 15-20 minutes on each side with every feed, if possible. Rarely should a feeding take more than 45 minutes. Crying or sucking behaviors do not always indicate hunger. Non-nutritive sucking is an important part of the baby's development, but you do not need to be used as a pacifier. Bottle fed babies take 2-3 ounces per feeding. Do not mix formula with well water. Do not heat bottles in the microwave due to uneven heating. Breastfed babies or formula intake under 32oz/day will not meet your baby's vitamin D needs. Vitamin D should be supplemented in the form of one dropperful (400IU) of Poly-vi-sol® or D-vi-sol®

### SLEEP:

Babies should be put to sleep on their backs to minimize the risk of SIDS (Sudden Infant Death Syndrome or "crib death"). Pacifier use has been shown to lower that risk. SIDS risk factors to avoid include smoking in the home, co-sleeping, and crib accessories (extra bedding, positioners). It is acceptable to swaddle at this age. Encourage your baby to fall asleep from the awake or drowsy state for better long term sleeping habits.

### GENERAL:

**Fevers:** Rectal temperatures at or above 100.4 F are considered serious until two months of age. If the baby has a fever, you should call us immediately or take them to the nearest Children's Hospital. In the area, we recommend Wolfson Children's Hospital. Do not give any medication. You only need to take your child's temperature if you think there is a fever.

**Stools:** Stools are typically yellow, brown, or green and seedy or watery. They can vary in frequency and consistency. Babies often strain, grunt, draw their legs up and pass gas when passing stools. As long as the stools are soft, the baby is not constipated. Call us if the stools have blood in them, are hard or consistently white.

**Bathing and skin care:** While the umbilical cord is present, you can sponge bathe the baby, making sure to avoid the umbilical cord. After the cord falls off and the area is dry, you can bathe the baby every 2-3 days with unscented Dove® soap or mild baby wash. We recommend hypoallergenic baby laundry detergent for the baby's clothes. Diaper ointments with zinc oxide are safe to use when the area gets red or raw.

**Crying/Colic:** Crying increases over the first 6-8 weeks. It often indicates hunger or the need for a diaper change. Often babies cry for no reason. Try swaddling, rocking, cuddling, and using "white noise" to soothe the baby.

**Normal Behaviors:** Hiccups, sneezing and mild spitting are normal. Burping your baby frequently and elevating the head after the feed helps to minimize spitting.

### IMMUNIZATIONS:

**If not received at the hospital, your child will receive the Hepatitis B vaccine today. Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.**

**NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

### MEASUREMENTS:

**Weight:** \_\_\_\_\_ Lbs \_\_\_\_\_ oz ( \_\_\_\_\_ %)

**Height:** \_\_\_\_\_ inches ( \_\_\_\_\_ %)

**Head circ.:** \_\_\_\_\_ cm ( \_\_\_\_\_ %)

### DEVELOPMENT

In this first month, a baby will typically:

- Raise his/her head when on their stomach- start tummy time 2-3 times/day for 5-15 minutes.
- Start to focus on your face. Visually stimulate him/her to encourage tracking.
- Reflexively grab your finger and startle easily
- Move his/her arms and legs frequently

### SAFETY:

- To prevent illness, avoid crowded places and wash your hands frequently.
- Encourage caregivers to get Tdap & Flu vaccines.
- Never leave the baby unattended in the car, in the bath, or on elevated surfaces.
- Please do not smoke, as parental smoking is associated with ear infections, asthma, and crib death!
- The car seat should be rear-facing, preferably in the center of the rear seat. The car seat should never be placed in the front seat.
- Install smoke alarms in your home.
- **Poison Control Center: 1-800-222-1222**
- **To access the most up to date Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources and search for TIPP-The Injury Prevention Program.**

### FOCUS ON FAMILY

- Postpartum depression is common. If you find your self feeling sad, anxious, or depressed, seek help and talk to your doctor.
- Older siblings may feel jealous. Spending individual time with the older sibling can help.

### WHEN TO CALL OFFICE

Call the office if you have questions or if your baby:

- Has a rectal temperature of 100.4 F or higher
- Is crying excessively or is inconsolable
- Has difficulty breathing
- Is lethargic or is feeding poorly
- Is vomiting forcefully and repeatedly

**Next visit at 1 month**