

## WELL CHILD: THE TWO-WEEK OLD (1 OF 2)

VIRGINIA MASON FRANCISCAN HEALTH – PEDIATRICS AND ADOLESCENT MEDICINE

Name	_____	Weight	_____	lbs
Date	_____	Length	_____	inches
		Head Circumference	_____	cm

### NUTRITION

- Feed your baby breast milk or formula on demand, typically every 2–3 hours during the day with a longer stretch at night. Babies take about 2–3 oz. per pound of body weight per 24 hours. (For example, an 8-lb. Baby would eat 16–24 oz.) If feeding is going well and your baby is back to birth weight, it is no longer necessary to wake the baby for feedings during the night.
- To prevent vitamin D deficiency, breastfed infants should take 10 mcg (400 IU) of supplemental vitamin D, given directly to the baby by mouth, every day. Options available include Enfamil D-Vi-Sol, Mommy's Bliss, Zarbees, Wellements, Baby Ddrops, and more. Be sure to purchase a vitamin D supplement only, as a multivitamin or iron are not necessary at this age, unless recommended by your doctor. Also, read the dosing instructions carefully, as for some the dose is 1 mL, others it might be 0.5 mL, and for some it's just one drop that contains 10 mcg of vitamin D
- When breastfeeding is going well, begin introducing your baby to the bottle. The “educational” bottle does not need to replace a breast-feeding session. A small amount (½ oz.) of pumped breast milk or formula three times per week is enough to familiarize your baby with the bottle. Water, tea, and juice for your baby are not necessary or appropriate at this time.
- It is important for your baby to be held during feedings. Do not prop a bottle in your baby’s mouth with blankets, pillows, etc.

### DEVELOPMENT

- Babies like to look at faces, but their eyes may wander and occasionally cross.
- Your baby should respond to sounds and recognize voices, calming at the sound of your voice. Crying is a baby’s main form of communication; it does not always indicate hunger!
- Cuddling, singing, playing music, moving gently, going for walks and sucking are all things that may comfort your baby. Provide supervised “tummy time” 3-5 times a day while awake.
- The first smiles are often seen around 6 weeks of age.

### SLEEP

- Parental sleep is VERY important. Take shifts. Nap when you can.
- Infants should be put to sleep only on their back, without loose blankets, comforters or sheepskins, as this reduces the risk of sudden infant death syndrome.
- Keep middle of the night feedings brief and boring to encourage sleep.

### PARENTING

- Talk to your doctor or your baby’s doctor if you feel sad or depressed.
- Postpartum depression (“baby blues”) are very common and can affect both parents. Make sure to take care of yourself: GET SLEEP, eat well, talk about how you are feeling, and allow others to help. Visit [postpartum.net](http://postpartum.net) for more information and resources.
- A parenting group such as PEPS (Program for Early Parental Support) can be a very helpful source of support. Visit [peps.org](http://peps.org) or call (888)404-7763 for more information.
- All babies have some fussiness from age 3 weeks to 3 months, peaking at 6 to 8 weeks. They may cry inconsolably, extend, or draw up their legs, and seem to have a lot of gas. If your baby is often very hard to comfort, please let your doctor know.
- For fussy babies, you may find it helpful to follow the 5S’s to soothe your baby: Swaddling, Sucking, Side Lying, Swaying, Shushing.
- Older siblings often show jealousy by acting out. They need love and positive attention. Say “YES” when people ask if they can help!

## WELL CHILD: THE TWO-WEEK-OLD (2 OF 2)

### SAFETY

- Turn your water thermostat down to 120°F or less to prevent accidental burns.
- Confirm that your crib slats are no more than 2<sup>3</sup>/<sub>8</sub>" apart (about the width of a soda can).
- Always use a properly fitted rear-facing car seat. The center rear seat is the safest position.
- Never leave your baby unattended on surfaces above the floor as newborns can wiggle and move. Babies should always be buckled into car seats, bouncy chairs, etc., and these should never be placed on countertops, tables, or other high surfaces.
- Check your smoke detectors and fire extinguishers on a regular basis. Have a family fire exit plan: ladders in upstairs bedroom, etc.
- Do not use microwave ovens for warming bottles. They heat unevenly and increase the risk of burns. Avoid necklaces, hood ties, and cords more than 8" long on pacifiers because of strangulation risk. Never leave an older sibling or pet alone with the baby.
- Sign up for an infant CPR class.
- Secondhand smoke is harmful. Please keep your baby away from secondhand smoke. A new baby in the family is excellent motivation to stop smoking. Visit [smokefree.gov](http://smokefree.gov), or talk to your own physician for smoking cessation resources.

### GENERAL HEALTH

- **If your baby has a rectal temperature above 100.4°F, please call the office, day or night.**
- Regular vigorous feeding is the most important sign of good health in an infant. If your infant is not feeding well or feeding becomes less vigorous, measure a temperature, and call the office.
- Stools may be frequent, semi-solid to liquid, and come in colors from green to orange. Spitting up may increase in the next 1 to 2 months. Acne may occur.
- Infants may be bathed every day or even just once a week after the umbilical cord has fallen off. If skin becomes dry use a lotion such as Cetaphil or Eucerin, or an ointment such as Aquaphor, and decrease the number of baths given.
- If you need assistance, [helpmegrowwa.org](http://helpmegrowwa.org) is available to help with food resources, transportation, clothing, employment, housing, or other support.

### TESTS TODAY

- Newborn screening #2 (blood test for PKU, hypothyroidism, congenital adrenal hyperplasia, etc.) Hearing screening (if not already done)

### IMMUNIZATIONS

- First immunizations will start at 6 weeks to 2 months. Please tell us if your baby received a hepatitis B shot in the hospital. You may find detailed information about vaccines, including our recommended schedule and links to the CDC's Vaccine Information Statements, at [chop.edu/vaccine-education-center](http://chop.edu/vaccine-education-center).

### NEXT VISIT

Please discuss with your provider when to return for your next visit, which you can schedule as you leave today.

### BOOKS / RESOURCES

- *Your Baby's First Year by the American Academy of Pediatrics Caring for Your Baby and Young Child: Birth to Age 5*, by the American Academy of Pediatrics
- *Immunizations & Infectious Diseases: An Informed Parent's Guide* by the American Academy of Pediatrics; Margaret C. Fisher, M.D., FAAP, Editor-in-Chief
- *Heading Home with your Newborn: From Birth to Reality* by Laura A. Jana, M.D., FAAP and Jennifer Shu, M.D., FAAP
- *The Happiest Baby on the Block*, by Harvey Karp