

WELL CHILD: THE SIX-WEEK-OLD TO TWO-MONTH-OLD (1 OF 2)

VIRGINIA MASON FRANCISCAN HEALTH – PEDIATRICS AND ADOLESCENT MEDICINE

<https://www.vmfh.org/our-services/primary-care-in-person-and-virtual-care/pediatric-care>

Name	_____	Weight	_____ lbs.	_____ oz.
Date	_____	Length	_____ in.	
		Head Circumference	_____ cm.	

NUTRITION

- Continue nursing and/or bottle-feeding breast milk or formula. Feeding intervals are usually 2–4 hours apart, day and night, from start to start.
- Continue to offer a breastfed baby a bottle regularly if you are planning to return to work and use a bottle.
- 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.
- Solid foods should not be introduced until 4–6 months of age.

ELIMINATION

- Stools may become less frequent, sometimes only once per week. If the stools are soft and the baby is feeding well, there is no reason to be concerned.
- A boy should have a strong urinary stream.

DEVELOPMENT

- Your baby may grasp a rattle when it is placed in his/her hand. Social smiles will be occurring regularly now!
- A baby this age enjoys people and will coo and babble in “conversation.” Your baby will recognize and turn toward your voice.
- Provide “tummy time” when your baby is awake. While on their stomach, babies this age may push up, roll from side-to-side or even roll over.
- Babies this age can follow objects at least to the midline with their eyes.
- If you have any concerns about your baby’s vision or hearing, please let your doctor know.
- Talk with us if you notice that your baby has a strong preference to turn his/her head to one side.

SLEEP

- Parental sleep is VERY important. Take shifts. Nap when you can.
- Your infant should sleep only on his/her back, without loose blankets, comforters or sheep skins, as this reduces the risk of sudden infant death syndrome.
- To encourage the development of good sleep habits, place your baby in the crib drowsy but awake. This will allow your baby to put her/himself to sleep.
- Keep middle of the night feedings brief and boring to encourage sleep. There is usually no need to change a sleeping baby’s diaper.
- Try to nap your baby before he/she is over-tired.

PARENTING

- Each baby has a unique personality and temperament.
- Sleeping/waking patterns may be emerging; encourage desirable patterns.
- Start a bedtime routine now. Lay your baby down drowsy but awake. Both you and your baby will benefit if she/he learns to fall asleep without your help. Avoid rocking or feeding your baby to sleep.
- By four months of age most babies can sleep eight hours without a feeding. When your baby wakes in the middle of the night, let him/her fuss for a few minutes without intervening; he/she may fall back to sleep. If crying persists, try patting or rocking your baby. If none of these methods are effective, feed your baby briefly.
- Take time for yourself and to be alone with other family members. Talk to your doctor or your baby’s doctor if you feel sad or depressed. Visit peps.org or call (888)404-7763 for more information.
- For fussy babies, you may find it helpful to follow the 5S’s to soothe your baby: Swaddling, Sucking, Side Lying, Swaying, Shushing.

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SAFETY

- Infant seats should not be placed on counters or tabletops.
- Always use a properly fitted rear-facing car seat. The center rear seat is the safest position.
- Check your smoke detectors and fire extinguishers on a regular basis. Have a family fire exit plan: ladders in upstairs bedroom, etc.
- Never hold a baby while you are drinking a hot beverage or smoking.
- Keep small, sharp objects—as well as plastic bags and balloons—away from your baby.
- 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, or talk to your own physician for smoking cessation resources.
- If you need assistance, helpmegrowwa.org is available to help with food resources, transportation, clothing, employment, housing, or other support.

ACTIVITIES

- Interact with your baby: talk, sing, and read aloud. Try mirrors, music, walks outside, and toys with varying textures.
- No screen time is recommended before the age of 2. Do not entertain your baby with videos or apps on the phone, laptop, or television. The human voice is the best stimulant for developing infant brains.
- Give your baby “tummy time.”
- Now is the time for increased vocalization. Enjoy cooing tone conversations back and forth.

TESTS TODAY

- Review the results of the state newborn screening tests drawn at birth and at 2 weeks.

IMMUNIZATIONS TODAY

- 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.
- Your baby may develop a fever, fussiness, sleepiness, and/or tenderness at the injection site(s) for 24–48 hours after receiving vaccines. You may give acetaminophen for these symptoms if needed. The dose is determined by your child’s weight (see chart). Do not give ibuprofen (Motrin or Advil) to infants under 6 months of age.

Acetaminophen (Tylenol)

Child’s Weight	Infant’s or Children’s Suspension (160 mg/5 mL)
6–12 lbs	1.25 mL
12–18 lbs	2.5 mL
18–24 lbs	3.75 mL (3/4 tsp)
over 24 lbs	5 mL (1 tsp)

Acetaminophen may be given every 4 hours but not more than 5 times in 24 hours. Please call the office if a fever persists for more than 2 days or if you have any questions about your child’s illness or vaccine side effects.

NEXT VISIT

- Please schedule your baby’s 4–month appointment 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
- *My Child Won’t Sleep: A Quick Guide to the Sleep Deprived Parent*, by Sujay Kansagra