

Norman Pediatric Associates  
Parent Handout 2 Week Visit

**Profile:** The 2 week - 2 month-old cannot sit, crawl, turn over deliberately, walk, talk, or smile back at you every time. He/she is sleeping less now than when a newborn. Your baby has quiet and alert periods where he/she can enjoy and learn from watching his/her parents' faces when held or from watching a brightly colored mobile. Your baby begins to show contentment by gurgling, and will soon be cooing back at you. Your baby is rapidly becoming aware of you and the environment and can briefly follow objects with his/her eyes. He/she can make movements if held erect.

**Feeding/Nutrition:** Feed only breast milk or iron-fortified formula. Do not give water for the first 6 months. Do not give solid foods until 4 – 6 months of age and do not give juice. Solids given too early are unneeded, hard to digest, promote fat babies, allergies, and provide too much salt. Feeding cereal does not promote better sleeping despite old wives' tales. **If breastfeeding**, make sure your baby has 6-8 wet diapers a day. A lactation consultant can give you information and support on how to make breastfeeding more comfortable for you and your baby. Let us know if you would like to speak to our lactation consultant. **If formula feeding**, do not allow your child to take a bottle to bed. Feed the baby first, and then put the baby to bed. When feeding your baby, hold your baby close to you and in a semi-upright position where you can look at each other while feeding. This will help prevent ear infections and choking, while providing a secure and loving feeling. Do not under any circumstance prop the bottle. Your baby will usually eat about 8-12 times in a 24 hour period. Do not wake your baby to feed him/her. End the feeding when you see your baby is full: turns away and/or closes mouth. Your baby, regardless if he/she is breastfeed or bottle feed, needs to be supplemented with Vitamin D, 400 IU, every day. You can give your baby the Vitamin D drops, obtainable from your local pharmacy. You can also give 1 ml of Poly-Vi-Sol daily to your infant.

**Sleep:** Infants typically sleep for 15-20 hours per day. Sleep patterns may vary with each child. Make sure the crib is safe (slats no more than 2 3/8 inches apart and without drop-side rails). The headboard and footboard should not have any cut out spaces or posts (nothing that the child could get caught in or hung up on now or at a later age). Your baby should be sleeping on a flat firm mattress, with a tight fitting sheet only. Place your baby on his/her back. You may have the baby in your room, but not in your bed. You may swaddle him/her with snug swaddle blanket or sleep sac. Do not use loose, soft bedding or toys in the crib such as comforters, pillows or stuffed animals. Do not use bumper pads. Keep the baby from getting too warm or cold. If using a bassinet, make sure it is labeled as a bassinet and not a sleeper or napper, as these are not safe to sleep in. Rock 'N Play, swings, DockATot, Snuggle Me, and other loungers are also not safe for sleeping. The bassinet (flat) part of a pack and play is also safe place for you infant to sleep.

**Crying:** Babies differ in how much they cry. Some are never quiet; some seem to never cry. Crying also tends to be concentrated into distinct "fussy periods" that often occur in the late afternoon, evening, or middle of the night. Your baby may cry or fuss 1-4 hours daily. This is normal infant behavior unless it is excessive. If the baby is crying and you have checked for wetness and hunger needs, try a change of environment such as taking a walk, turning on some soft music, going for a drive in the car, etc. Sometimes white noise can sooth babies. Try to console your baby when he/she cries, but if you are stressed, take a break and call someone to help; it is fine to let the baby cry. Never shake your baby. Crying may peak at 6 weeks of age.

**Bowel movements:** Many infants strain, turn red, or may cry when having a stool; even when the stool is soft. If the stool is soft and the baby is not cranky, the stool is probably normal. Babies may have numerous watery stools

a day but it is normal to also have a stool only every third or fourth day. Never give an infant an enema or a suppository unless your health care provider advises it.

**Toys and Activities:** Infants are not usually interested in toys. However, talking and singing to your baby and rocking him/her in your arms can provide both comfort and stimulation.

**Baby care:** In babies this age, fevers are serious. Call us if your baby has a temperature of 100°F/38.0°C or higher. Take a first aid class. Have a list of phone numbers for emergencies. Have everyone who touches the baby wash their hands first. Wash your own hands often. Avoid crowds. Keep your baby out of the sun. Know that babies get many rashes from 4-8 weeks of age. Call us if you have any concerns. Think about child care arrangements if planning on returning to work. If your baby is congested, suction the mucus from the nose, to make it easier for him/her to breathe and eat. Before suctioning, you can use some normal saline (salt water) nose drops to help thin the mucus. A cool mist humidifier may also help. Sneezing is normal for a newborn, as well as hiccoughs. Your infant may have dry, peeling skin, use lotion when you do a bath every few days.

**Safety:** Learn CPR.

Car: Please protect your baby with a rear facing car seat restraint or infant carrier securely installed in the back seat. The infant should be rear facing and in the middle of the backseat of the vehicle, if possible. Make sure the shoulder straps are at or below the shoulders. Once buckled, the straps should be snug enough you can't pinch a fold in the straps. The chest clip should be at the arm pit level. If you have questions about proper usage and installation of your car seat or carrier, please let us know. Your baby should never be in a seat with a passenger air bag. Always wear a seat belt and never drink and drive.

Smoking/Burns: If a member of the family smokes: STOP SMOKING - Ask us for help if you cannot stop smoking. A smoke free environment is important for infants' health. Make your home and car "no smoking zones". Do not hold hot drinks or a lit cigarette while holding your baby. Working smoke detectors and carbon monoxide detectors with battery backup are recommended for family safety. Test your baby's bathwater with your wrist. Make sure your water heater is set at lower than 120°F. Do not use chains, strings, ribbons, etc. to hold pacifiers or for any other reason.

Falls: Infants can scoot and flip themselves over. Do not leave the child on a couch, changing table, or in an unsecured infant seat even for brief moments. Do not put the infant to sleep on an open bed (not even King size), since they may scoot off. If a playpen has mesh or netted sides, these must be kept up or the infant can roll in them and suffocate.

**How are you feeling:** Call us for help if you feel sad, blue, or overwhelmed for more than a few days. Try to sleep or rest when your baby sleeps. Start routines for bathing, feeding, sleeping, and playing daily. Take help from family and friends. Give your other children small, safe ways to help you with the baby. Spend special time with the baby and your partner. Spend special time alone with each child. Keep up family routines. If you are offered advice that you do not want or do not agree with, smile, say thank you and change the subject.

**Next visit:** At 2 months of age, immunizations given will be the first Pneumococcal vaccine (Prevnar); the first Vaxlis which is a combination vaccine that includes the DTaP (Diphtheria, Tetanus, & Pertussis), Hib (Haemophilus influenza), IPV (inactivated Poliovirus) and Hepatitis B (HBV) vaccines; and the Rotavirus vaccine (Rotateq).