

## 2 WEEK VISIT

Date \_\_\_\_\_

Length \_\_\_\_\_ (Percentile \_\_\_\_\_%)      Weight \_\_\_\_\_ (Percentile \_\_\_\_\_%)

Head circumference \_\_\_\_\_ (Percentile \_\_\_\_\_%)

1. **INFANT STIMULATION:** Hold , talk and sing to your baby.
2. **DEVELOPMENT:** Babies this age will generally be growing rapidly. Infants like to be held frequently for reassurance. This is due in part to the baby's near-sightedness. Extra attention at this early age will not spoil your baby and may result in a more content infant in the future.
3. **SIBLING RIVALRY:** Brothers or sisters younger than 5 years old will occasionally have jealous feelings toward the new baby. Children two and three years of age will require supervision to avoid harm to the baby. Setting time aside during the baby's nap for the older brothers and sisters often helps. Many parents have found that involving the brothers and sisters in the care of the baby helps them feel important and enables them to see the baby in a positive sense.
4. **INJURY PREVENTION:**
  - a. Use a car seat faithfully. Your baby should be in a rear facing car seat in the back seat of the car. Never put baby in front of an air bag. Remember the seat must be properly secured in the car and the child secured in the seat.
  - b. Check your crib for the following safety features:
    1. Crib bars must have no more than 2 2/3 inch spaces between them.
    2. Mattress must fit snugly.
    3. Distance from the mattress to the top should be 26".
    4. Make certain the crib has lead free paint if it is an older painted crib.
  - c. Don't leave your baby unattended on raised surfaces, he /she may be rolling over soon.
  - d. Check the temperature of your hot water. It should not be over 120 degrees (F).
  - e. Check the batteries in your smoke detectors.
  - f. Never carry your baby and hot liquids or foods at the same time.
  - g. Babies should be protected from the sun with clothing, umbrellas or shade. Sunscreen may be used if you are unable to keep a small area of skin covered.
5. **MEDICAL ADVICE:** If your baby feels hot, check the temperature with an axillary or rectal thermometer. Ear thermometers are not recommended at this age. A normal rectal temperature is 97.6° (F) to 100.0 or 37°-37.7 (C). Temperatures vary throughout the day, with the lowest temperature in the morning and highest in the afternoon. Call our office if your baby has a rectal temperature greater than 100.5° (F) (38°C). If your baby is congested try a cool mist vaporizer. Keep your baby away from sick people to avoid catching viruses. Have everyone wash hands before holding your baby. Avoid exposing your baby to any cigarette smoke. It is common for young infants to sneeze and hiccup, this is normal.
6. **SLEEPING ARRANGEMENTS:** Babies should sleep on their back to decrease the risk of Sudden Infant Death Syndrome (SIDS). Turn the head occasionally so they do not develop a flat spot on the skull. Movies of sleeping babies show that they naturally wake up several times each night. While parents are understandably anxious to keep a

close eye on their newborn infant, most quickly find that this pattern of frequently awakening is exhausting. This is normal and will get better with time.

7. CRYING: Diaries kept by mothers of newborn babies indicate that most babies, beginning at two weeks of age, have an evening fussy spell or crying spell. This usually occurs sometime between 4 p.m. and midnight. This crying peaks at six weeks of age in many babies. It is normal. There is no universally effective cure. Comforting the baby occasionally, and parental patience finally wins out.

8. FEEDING: We encourage mothers to breastfeed to optimize the health of their babies. Most breastfed babies will feed 8-12 times per 24 hours. Babies often have a growth spurt at three weeks and six weeks and will increase the frequency of feedings for a few days. Moms who breastfeed may want to occasionally give the baby a bottle of expressed breastmilk or formula. Age four to six weeks is a good time to introduce your baby to a bottle, when breastfeeding is well established and the baby is still adaptable. Most babies will take a bottle better from someone other than Mom. Let us know if you have any questions or problems with breastfeeding. We will be happy to help. Breastfed babies should begin vitamin D supplementation at 2 months of age with an over the counter multivitamin drop.

Formula fed babies usually eat every 2-4 hours. Most babies will take 1-3 ounces per feeding, but allow your baby to tell you when she is done; don't push to finish a bottle. Your baby needs no foods or liquids other than breast milk or formula at this time. We recommend iron-fortified formulas; name brand or store brand are equally nutritious. Never place your baby in bed with a bottle. This can lead to serious tooth decay and ear infections. Tooth decay can also occur in babies who sleep latched onto the breast.

ELIMINATION: Breastfed babies have frequent loose stools. Formula fed babies stool a few times per day to a few times per week with a pasty consistency. It is normal not to go every day. Let us know if the stools are hard.

INSURANCE Be sure to add your baby to your health insurance policy before the baby is 30 days old, or the baby may not be covered.

NEXT VISIT: 2 months of age