

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

VIRGINIA MASON MEDICAL CENTER – PEDIATRICS AND ADOLESCENT MEDICINE

www.virginiamason.org/pediatrics

Name _____ Weight _____ lbs. _____ oz.
Date _____ Length _____ in.
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.
- Breast feeding is encouraged as breast milk has many proven health benefits. If you are having difficulties, let us know so that we can assist you.
- To prevent vitamin D deficiency, breastfed infants should take 400 IU of supplemental vitamin D every day. You can give 1 mL of over-the-counter infant vitamin drops (such as D-Vi-Sol, Tri-Vi-Sol, or Poly-Vi-Sol, with or without iron), or 1 mL of “Just D” or 1 DROP (not 1 mL!) of Carlson for Kids Ddrops (400 IU per drop), every day.
- When breast feeding 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 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 or call (206)547-8570 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.
- 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.
- Older siblings often show jealousy by acting out. They need love and positive attention.
- Say “YES” when people ask if they can help!

SAFETY

- Turn your water thermostat down to 120°F or less to prevent accidental burns.
- Confirm that your crib slats are no more than 2⅜” apart (about the width of a soda can).

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- 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, or talk to your own physician for smoking cessation resources.

GENERAL HEALTH

- 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.
- 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 your baby has a rectal temperature above 100.4°F, please call the office, day or night.

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 virginiamason.org/immunizations.

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

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virginiamason.org/immunizations

cdc.gov/vaccines/parents

cispimmunize.org

healthychildren.org

immunizationinfo.org

peps.org

postpartum.net

purplecrying.info

smokefree.gov

sunlightvitamins.com

vaccines.gov