

WELL CHILD CARE AT 2 WEEKS

NUTRITION

Breastfeeding

- Babies will nurse at least 8-12 times a day.
- The more you nurse, the more milk you will produce.
- If exclusively breastfeeding, the baby needs Vitamin D supplement, 400 IU per day
- Try to use refrigerated breast milk within 24 hours, if it has been defrosted.
- Frozen milk is good for at least three to four months.
- Have the baby try breast milk in a bottle at around 4 weeks of age, after breast feeding has been well established.

Formula feeding

- Make sure you follow directions carefully if you are using concentrated or powder formula.
- Discard formula that you did not use within 24 hours.
- Do **NOT** microwave to warm the formula.
- Neither breast milk nor formula should be left out more than 1 hour in room temperature
- Most babies take 2-3 ounces every 2-3 hours, for the first few weeks.
- It is important for you to hold your baby up at an angle while feeding.

DEVELOPMENT

- Babies are learning to use their eyes. They can focus 8-12 inches.
- The eyes may wander and cross.
- Babies like to look at black and white or high contrast objects.
- Babies turn to familiar voice.
- Babies startle to loud noise.
- Start “tummy time” with your baby lying on the tummy on a firm surface 2 to 3 times each day for a short period of time (3-5 minutes), increasing the amount of time as the baby shows he/she enjoys the activity.

SLEEP

- Babies usually sleep 16 hours or more a day.
- Babies should be placed on the back to sleep on a firm mattress. Sleeping on the back reduces the risk of SIDS, sudden infant death syndrome.

HEALTH/SAFETY ISSUES

Health

- Call your doctor if the baby's temperature is more than 100.4 F **rectally**.
- Do not give your baby Tylenol or other fever reducers.
- Avoid second hand smoke exposure.
- Anyone who will be in close contact with the baby needs Tdap.
- If it is flu season, anyone who will be in close contact also needs the flu shot.
- Girls may have vaginal discharge, even bloody, from mom's hormones.
- Boys and girls may have breast swelling also from mom's hormones.

Safety

- Learn infant CPR.
- Car seat should be in the back middle seat and rear facing.
- Do not over bundle the baby.
- Do not place pillow or fluffy blankets in the crib.
- Do not leave baby unattended on bed, sofa, or changing table.
- Check the battery in your smoke detector or carbon monoxide detector.

Postpartum Depression

- Having a baby can be both exhilarating and exhausting. Because of the rapid changes in the hormones, most women have mood swings. New moms can feel depressed, tearful, or anxious. Most of these feelings come and go and decrease in 1-2 weeks. If these feelings become more intense or overwhelming and are lasting longer than 2-3 weeks, you may be experiencing postpartum depression. Please call your doctor so that you can get more help.

IMMUNIZATIONS

- If your baby did not receive Hepatitis B vaccine in the hospital, this would be a perfect time for the baby to receive it now.
- Your doctor will review the packet of the vaccines the baby will receive at 2 month visit.
- To help your baby during the vaccine administration, you may give your baby "Sweetease" or sugar water (1/2 tsp. sugar + 2 tsp. water).

NEXT VISIT

- Baby's next visit is at 2 months of age. Baby will receive vaccines. Please bring your shot record.