

The Two Week Visit

Date: _____

Baby's Weight: _____

Baby's Length: _____

Baby's Head Circ: _____

From all of us at Pediatric Associates, congratulations on your new baby! If you have any questions or concerns, please contact us. We're here to help you.

Today's vaccination will be Hepatitis B #1 if it was not received in the hospital

Newborn screening #2 was completed. Results take about 2 weeks and we will only contact you if there is something concerning.

Development:

- By now you have noticed that your baby responds to sound. In the next few weeks, your baby will smile in response to your voice and face.
- You will start to notice that your baby will gaze at your face and other boldly patterned objects and follow them back and forth.
- Head control will improve and your baby will start moving his or her head from side to side.

Nutrition:

- If you are breast feeding, your baby will most likely want to feed every 2-4 hours around the clock. Once they weigh 10 to 12 pounds, they will likely feed less often. If you would like to offer a supplementary bottle we just recommend that breast feeding is well established first. This is usually between 2 and 4 weeks of age.
- We recommend that all breast-fed babies, and formula-fed babies taking less than 30oz per day, be supplemented with vitamin D. A product such as D-vi-sol should be administered every day for the first year. The dose is 400 IU daily.
- If you formula feed your baby they will likely feed 6 to 8 times a day. We recommend only iron fortified formulas with AHA/DHA. Nurturing and holding your baby is very important. This way your baby can gaze at your face and feel comforted and loved while feeding. Propping the bottle is not recommended and can cause significant medical problems.

Sleep:

- Your child's sleep patterns may still be erratic. Most babies, however, will start to establish more of a routine soon. The total amount of sleep also varies substantially between babies. You may hear about babies who "sleep through the night" by 2 or 3 weeks of age, but this is very unusual.
 - Always put your baby to sleep on his or her back to reduce the risk of sudden infant death syndrome. Place your baby on his or her stomach or side for 15 minutes 3 times a day while he or she is awake or while you are watching, to give tummy time. This will prevent a flat head.
 - If at all possible, take a nap yourself when your baby does. You deserve it!
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Elimination:

- Breast fed babies usually stool quite often. They may do so every time they feed, although it can be normal for them to stool every several days. Babies stools are typically yellow, seedy, mushy, and sometimes even runny. Formula fed babies may have more consistency to their stool and do so less frequently, on average.
 - Babies will typically have between 4 to 10 wet diapers a day.
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Bathing and Skin Care:

- Generally parents will bathe their baby every 1 to 3 days, but less frequent is acceptable. Many babies at this age are not happy to be bathed but that generally changes when they are closer to one month of age. At that time, it becomes a very pleasurable experience for everyone! Only use a gentle soap such as Cetaphil or Dove.
- Never leave a baby unattended while bathing, even for a few seconds.
- For dry skin, it is okay to use moisturizers such as Eucerin, Aveeno or Neutrogena products.

Immunizations:

- Your child will be starting their vaccines at the next appointment, Tylenol is ok to be given after the vaccines are administered. We can help you determine the correct dosage of Tylenol.

Of course nobody wants to have a fussy baby or an infant with colic. But every baby, to one extent or another, will have fussy periods. This can be one of the most frustrating aspects of being a parent. Whether you feel you have a needy baby or not, you can find many helpful tips and links on our website to manage those inevitable occasions of crying.

www.portlandpediatric.com

Your child's next visit is at 2 months of age