

Well Baby Visit - Two Weeks

Date: _____ Weight: _____ Length: _____ Head size: _____

PARENTING AND BEHAVIORAL

- Hold, cuddle, talk to, sing to and rock your baby as much as you can. A lot of your infant's development depends on her interaction with you. Every touch stimulates the baby's brain.
- Recognize the fact that parents cannot always console their baby - expect this. Of course, always check your baby when he seems uncomfortable, to determine if there is something you can do to help him. Give your child the benefit of the doubt and do not worry about "spoiling." A baby's crying time increases gradually in the first month and then peaks by the sixth to seventh week, usually at about 2-3 hours per day. Crying then begins to decrease in length and frequency to an average of one hour per day by the third or fourth month. The first step in dealing with crying is accepting that crying is a normal part of your baby's development.
- Many babies will have a period of fussiness late in the day that begins between 3-12 weeks. During this time the baby's central nervous system goes through an unwinding and reorganization period. The baby is trying to process all the stimuli that they have received throughout the day. Trying to figure out how to soothe your baby is a process of trial and error. You will soon find out what comforts your baby, and what each type of cry means.
- Try to spend time nurturing your baby when she is quiet, happy and alert, instead of waiting for her to cry and fuss for attention.
- During the first two months, your baby's sleep-wake cycle may be confusing and tiring. Parents should make sure they get adequate rest. Try to nap when your baby does. Encourage other family members to help care for the infant. Keep in contact with friends and relatives. The recommended sleeping position for a healthy baby is on his back. (Sleeping on tummies or sides has been associated with an increase risk of sudden infant death syndrome in infants under 6 months of age.)

BATHING

- Your baby should be bathed every 1-2 days. Little or no soap is needed to keep a baby clean. At this age, most babies are bathed in a clean sink, as tubs are large and often awkward for handling small babies well. One hand should always be in contact with your baby, and the baby should never be out of sight, even for a split-second.
- For uncircumcised baby boys, do not force the foreskin back. The foreskin will gradually go back as your child grows older (usually not completely until 4-5 years-old). For baby girls, cleanse by gently spreading the outer vaginal area apart and removing any secretions. Wiping should be in a front to back direction, rather than back to front.

DEVELOPMENT

Your infant should be able to:

- Begin to recognize family voices and make small "throaty" noises.
- Recognize sounds by blinking, crying or showing the startle reflex (arms and legs move away from the body equally).
- Blink at bright lights.
- May begin to follow objects for a short time (if they are no more than 8 inches from his face), but eyes often do not focus together.
- Lift head briefly when lying on her stomach or your shoulder, and turn head side to side.
- Watch for the first smile ... truly a milestone. It is the earliest sign of mental growth ... the first thing your baby can do on her own (usually around 2 months).

FEEDING

- Make feeding a pleasant time for the entire family. Remember, your baby's first love for his parents arises from the bonding obtained during feeding time. The affection and touching the baby gets during the feeding period is an important part of the diet.

- For proper growth and development, breast milk or iron fortified formula is all your baby should need for the first four months of life. Giving solid foods, juices, or homogenized milk too early can lead to allergies, anemia, and being overweight. Feeding solids can also decrease the intake of breast milk or formula and reduce the amount of needed nutrients your baby consumes.
- Your baby's feeding habits will vary from day to day just like yours do. This is just another way your baby is letting you know she is a unique individual.
- Call the doctor if you feel the baby is not gaining enough weight.
- Do not put your baby to bed with a bottle or prop it in his mouth. Babies should also not be laid flat on their backs while feeding. These habits can lead to choking and/or an increased chance of ear infections. Instead, hold your baby at about a 45-degree angle, so that he can see your face.
- Never give an infant honey, because this may cause infant botulism.
- Most babies sleep through the night once they are 13-15 pounds, regardless of what they eat. A baby who awakens at night for a feeding should be fed and returned promptly to bed. Do not encourage play at nighttime feedings.
- **BREASTFEEDING**
 - ⇒ Breast milk is the best nutritional source for your baby. It provides all the nutrients and calories your baby requires, in the way most easily digested. It also has the benefit of passing along some of Mom's ability to fight infections.
 - ⇒ Moms who are breastfeeding will want to make sure they are eating nutritious meals, drinking plenty of water, and continuing to take their pre-natal vitamins. Many medications can pass through breast milk to the baby, so ask your doctor for safe choices.
 - ⇒ Breastfed babies digest their milk faster than formula fed babies, and usually eat more frequently (8-12 times a day). Babies should be burped every 5-10 minutes while feeding and at the end of feeding.
 - ⇒ Freshly expressed breast milk is good for up to 48 hours refrigerated, 3-4 months in a refrigerator freezer, and 6 months in a deep freezer (0 degrees or below). Thaw frozen breast milk by running under progressively warmer water and swirling often. Avoid using very warm water, boiling, or microwaving breast milk, as this can harm the proteins in breast milk. Breast milk that has been thawed may be refrigerated for up to 24 hours. It should not be thawed and re-frozen.
 - ⇒ It is now recommended that all breastfed infants be supplemented with Vitamin D (which can be found in appropriate amounts in any infant multivitamin).
- **FORMULA FEEDING**
 - ⇒ Infant formulas are usually cow's milk that has been altered to be similar to breast milk in nutritional make-up. There are soy milk and elemental protein formulas available for babies who are allergic to or have problems tolerating cow's milk formula. Discuss changes with your baby's doctor.
 - ⇒ Infant formulas come in three forms: Ready-to-Feed, Concentrate, and Powder. It is important to read the label carefully and follow directions exactly when preparing concentrate or powder formula.
 - ⇒ Prepare only enough for 24 hours and refrigerate it. Throw away formula left in the bottle after a feeding. Discard formula not used in 24 hours.
 - ⇒ Don't warm bottles in a microwave, as uneven heating can severely burn a baby's mouth.
 - ⇒ Iron-rich (fortified) formulas are best for babies, who need the iron to make new blood cells.
 - ⇒ You will want to burp your baby every 1-2 oz and at the end of a feed. If your baby is wetting 6-8 diapers a day and gaining weight at the appropriate rate when visiting the doctor, your baby is getting enough milk. You will soon learn to recognize when your infant is full or still hungry. Do not force your infant to finish what you have prepared. If your infant begins to finish all of the feeding, add an extra $\frac{1}{2}$ to 1 oz to the next feeding.
 - ⇒ For the most part, fat babies are healthy babies and infants should not be placed on a diet, unless recommended by the baby's doctor.
 - ⇒ Bottle fed babies take about 6-8 feedings a day with suggested amounts below:
 - ❖ One week 18-22 oz per day
 - ❖ One month 22-26 oz per day
 - ❖ 2-3 months 28-32 oz per day

IMMUNIZATIONS

- None

SAFETY

Accidents kill more infants in the first year of life than any other cause. KEEP YOUR BABY SAFE!

- Keep plastic bags, safety bags, buttons, and other small objects out of baby's crib and reach.
- Crib slats should be no more than $2\frac{3}{8}$ inches apart. Check often for stability.
- Never leave your baby alone in a tub or on a high place, such as a changing table, bed, or sofa. Your baby may not roll yet, but can "wobble" off the changing table, bed, or sofa. The only safe place to leave a baby unattended is in a crib with the rails up. It is NOT safe to place pillows around your baby on a bed or sofa.
- Always use an approved infant car seat while traveling in an automobile. The car seat should be placed facing the rear of the car in a back seat, until the baby is 20 pounds **and** 12 months old. Then, the car seat can be changed to face forward, but the back seat remains the safest place in the automobile for baby. Never hold your infant in your lap while traveling in an automobile.
- Strap your baby into the infant carrier, even if you are just moving short distance, as babies often stretch their legs and lurch from the carrier.
- Do NOT tie a pacifier on a string around the baby's neck - pin it to the shirt instead.
- Do NOT smoke or drink hot liquids while holding your baby. Smoke exposure increases the risk of chronic stuffy noses, asthma, upper respiratory infections, and ear infections. Spilled hot drinks and falling ashes may burn your baby. For your baby's health, do not smoke in the home or car, even if your baby is not present. If possible, smokers should also change their clothes before holding the baby to prevent second hand smoke exposure in this way.
- Make sure smoke detectors are in place and working. If your home uses gas appliances, install and maintain carbon monoxide detectors.
- Never leave a baby alone with a young sibling or a pet.
- Avoid sun exposure to baby's tender skin, since she is still too young for sunscreen.
- Set hot water thermostat at less than 120 degrees F.

SLEEP

- Always put your baby to sleep on his back. (Sleeping on tummies or sides has been associated with an increase risk of sudden infant death syndrome in infants under 6 months of age.)
- Infants sleep most of the day but a child's sleep patterns vary from baby to baby. It is not unusual for a baby to have a "fussy" period during the late afternoon or early evening. This is how the infant's immature nervous system handles all of the day's stimuli, so prepare yourself for it.
- Many babies will sleep through the night by 3 months old. "Lucky" parents get a good night sleep sooner. To achieve this, many babies need encouragement. Put the infant to bed when he is drowsy, but awake. Avoid rocking your baby to sleep or holding him until he falls asleep. Your baby needs to learn to fall asleep on his own, so when he wakes up and you are not there, he can soothe himself back to sleep. Try to ignore the baby if he is just squirming or whimpering. Your infant may go back to sleep on his own.

STOOLS

- Every baby has her own unique pattern to the frequency of bowel movements. Stools may occur after every feeding, once a day or every 3-4 days. As long as the stools are soft, there should not be a concern for constipation. It can be normal to go almost a week without a bowel movement.
- Most babies strain, grunt, turn red in the face, and fuss even when they have a loose bowel movement.
- Stool color and consistency varies from yellow in breast fed babies to brown and green in formula fed babies. Consistency can be anywhere from watery with small "seeds" to a thick paste. Breast fed babies usually have looser stools than formula fed babies, and their stools may have seed-like particles.

WHEN TO CALL THE DOCTOR

- Anything that bothers you is important to your child's pediatrician. That's our job!

- Fever (over 100.4 degrees F rectally for the first 2 months)
- Poor weight gain
- Excessive vomiting, especially if it is forceful and after all feedings
- Disinterest in eating
- Irritability (so fussy that a caregiver cannot soothe the child in any way) or lethargy (unable to awaken a baby at their normal waking hours, for feedings, etc.)

NEXT APPOINTMENT

- At 2 months of age
- Call the appointment line 2-3 weeks in advance to set up an appointment

IMPORTANT PHONE NUMBERS

- Tricare Nurse Advice Line: 1-888-887-4111
- Nurse Triage Line: 556-CARE
- Clinic appointment desk: 264-5000
- Clinic phone number: 556-1140/1141
- Emergency: 911
- Poison Control: 1-800-332-3073