

## Well Care at 2 Weeks

### Feeding

Your baby is growing! At this age, a baby only needs breast milk or infant formula. Most babies take 2 to 3 ounces of formula every 2 to 3 hours now. Breast-fed babies may want to nurse as often as every 2 hours. Babies often wake up at night to feed. This is normal. Cereal or baby food is not needed yet. If your baby wants to feed more often, try a pacifier. Your baby may need to suck but not feed.

You show love to your baby if you hold your baby during feeding. This is a good time to talk and play. It is best to hold the bottle and not prop it up.

Mixing formula: If you use concentrated liquid formula, always mix one can of formula with one can of tap water. Boiling water is not required but is a sure way of killing any bacteria. Keep the mixture in the refrigerator. If you get powdered formula, always mix two ounces of water per one scoop of formula. Never heat formula in the microwave.

**Breastfeeding:** Breast milk may be stored in the refrigerator for 5 days and in the deep freeze for 6 months. A hospital grade pump can be a great asset to a breastfeeding mother. Call us for any concerns or for a referral to a lactation specialist. – please refer to our Breastfeeding handout for more info!

### Development

Babies are learning to use their eyes and ears. Smiling faces and gentle, pleasant voices are interesting for babies at this age.

Many mothers find that the baby brings a lot of new work. Help from fathers, friends, or relatives are often very important at this time.

### Sleep

Babies usually sleep 16 or more hours a day. Healthy babies should be placed in bed on their backs. This is new advice; some older parents or grandparents may not know about this change in recommended care. The recommendation is based on information that shows this sleeping position reduces the risk of sudden infant death syndrome (SIDS).

### Bowel and Bladder

Most babies will strain to pass bowel movements. As long as the bowel movement is soft, there is no need to worry. Ask your doctor about bowel movements that are hard or infrequent (constipation). Babies usually wet the diaper at least six times each day.

### Umbilical Cord and Diaper Care

The umbilical cord stump may or may not have fallen off. No care to umbilical is needed unless directed by the doctor. A barrier type ointment such as A & D or Eucerin may be helpful in preventing diaper rash. Do not use baby powder (talc) as it is a respiratory irritant.

### Post Partum Depression

The experience of childbirth, dramatic hormone changes, and chronic sleep deprivation are all risk factors, which can result in a mother feeling overwhelmed, weepy, and irritable. Post partum depression can be treated. Talk to your obstetrician if your feelings and thoughts are worsening.

### Safety Tips

An approved car seat is the safest way for babies to travel in cars. In fact, infant car seats should be placed in a back seat with the infant facing backwards. Never leave your baby alone with young brothers, sisters, or pets.

If you use a crib for your baby, be sure to pick a safe location. It should not be too near a heater. Make sure the sides are always completely up. Crib slats more than 2 and 3/8 inches apart can lead to injury.

Mesh netting of playpens should always be in the upright position.

### **Call us if:**

- ) Your baby develops a fever of 100.4 or higher
- ) Your child is very irritable and you cannot calm him.

### **Next Visit**

**Your baby's next appointment should be at the age of 1 month. At this time your child will get an immunization. Be sure to bring a shot card from the hospital if you have one.**

## Normal Development: 2 Weeks Old

Here's what you might see your baby doing between the ages of 2 weeks and 1 month.

### Movement

- ) Movements gradually become smoother and more controlled.
- ) Lifts chin for a few seconds when lying on tummy.
- ) Cannot support head without assistance.
- ) Grasps whatever is placed in hand.

### Vision and Hearing

- ) May follow some moving objects with eyes
- ) Explores surroundings with eyes.
- ) Occasionally startles at some sounds.

### Interactive Behaviors

- ) Responds to hunger, discomfort, and excitement.
- ) Cries when left alone; usually stops when picked up.
- ) Makes variety of gurgling and snorting sounds.
- ) Makes eye contact.
- ) May quiet down in response to human face.
- ) Responds positively to being held and comforted.
- ) Occasional social smile at familiar faces and voices, especially mother's voice.

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones.

If you have any concerns related to your child's own pattern of development, please give us a call.

