

THE CHILDREN'S CLINIC, P.C.

www.childrens-clinic.com

PETERKORT

Peterkort Centre I
9555 SW Barnes Road, Suite 301
Portland, Oregon 97225
(503) 297-3371 Fax: (503) 297-7975

TUALATIN

Meridian Park Medical Plaza 2
19260 SW 65th Avenue, Suite 340
Tualatin, Oregon 97062
(503) 691-9777 Fax: (503) 692-6736

AGE TWO WEEKS

Name: _____ Date: _____

Wt: _____ lb _____ oz _____ %

Ht: _____ in _____ %

Head _____ cm _____ %

Next physical appointment at 2 months of age

Special instructions:

DEVELOPMENT: Within the next few weeks, your baby will:

- Respond to sounds.
- Smile in response to being talked to or played with.
- Follow objects with her eyes for a short distance.

FEEDING AND DIET: At this point, you should be feeding your baby on a demand schedule (approximately every 2-4 hours). A baby who awakens at night for a feeding should be fed and returned to bed promptly. Do not encourage play during nighttime feedings.

Breast: By now your milk supply should be well established, and your baby will have set his own feeding schedule. Remember, supplemental bottles of water or formula are rarely needed. However, at this point you may wish to offer a bottle of pumped breast milk or formula in place of a breastfeeding. This will help your baby to accept a bottle for those times when she is cared for by Dad or a baby-sitter. It is important that you continue taking your prenatal vitamins with iron while breastfeeding. Breastfed babies should be supplemented with vitamin ACD drops.

Bottle: Most babies will feed about 6-8 times each 24 hours. Babies should not be placed flat on their backs while feeding. Propping the bottle or placing the baby flat can lead to choking or an increased chance of ear infections. If your child is drinking iron-fortified formula, no additional vitamins are required. The approximate amount of formula is:

2 weeks to 1 month of age: 3-4 ounces per feeding

1 month to 2 months of age: 4-6 ounces per feeding

For proper growth and development, breast milk or iron-fortified formula is all your baby should need for the first 4-6 months of life. The early introduction of solid foods, juices and homogenized milk has been associated with food allergies, obesity, and anemia. Also, contrary to popular belief, solid foods do not help a baby sleep through the night.

SLEEP PROBLEMS: During the first few weeks, your baby may sleep a total of 18-20 hours each day, awaking every 2-4 hours for feedings. During the first few months, your baby's sleep-wake cycle may be confusing and tiring to you. Try to take a nap when your baby does. As weeks go by, your baby will spend more time awake, during which he will show an awareness of faces, objects, and sounds. The American Academy of Pediatrics recommends that babies **sleep on their backs** until they are 6 months old to prevent sudden infant death syndrome (SIDS).

BOWELS: A breastfed baby's stool is usually yellow and loose with seed-like particles. Formula-fed babies tend to have thicker stools that are soft and pasty. It is common for a baby to have a stool as often as with each feeding or as infrequently as a large stool every 4 to 5 days. Remember girls should be wiped from front to back. **All babies can strain, grunt, and turn red while having a bowel movement.** This is not a sign of constipation, which is when stools are hard pellets. Please do not give enemas or laxatives, but call our office if you have any concerns.

BATHING: Your baby may or may not enjoy bath time at first. Little or no soap is needed to keep a baby clean. If necessary, use a mild soap (sparingly, if at all). For uncircumcised boys, do not force the foreskin back. It will gradually go back as he gets older. To avoid scalding accidents, always check your child's bath water first. You should also set your water heater to 120° F. It is normal for your baby's skin to peel for up to 6 weeks. Treatment is usually not needed.

FUSSY PERIODS: Crying may increase during the first 6-8 weeks. The average baby cries 3-6 hours a day. At times, it will be easy to recognize crying as a sign of hunger or the need for a diaper change. Often there is no clear reason for the crying, especially in the early-to-late evening hours. This is a time in which a baby can vent frustrations, anxieties, and the over-stimulation of the day. Usually by 3-4 months this unexplained crying will resolve. If your baby is inconsolable, it is OK to let him cry for 10-15 minutes. Often he will drift off to sleep during this period. If not, go back and check on him, comfort again, and give him another ten minutes.

These crying spells can be very frustrating. If you ever feel that you need help in controlling your anger, please call our office or **the Parent's Anonymous Hotline at (503) 452-4789**

IMMUNIZATIONS: Your baby may receive the first shot for hepatitis B protection today, if it was not given in the hospital. We will also draw the second newborn metabolic screening blood test. This includes testing for several rare diseases, including problems with the thyroid and a rare disease called PKU.

SAFETY: Accidents kill more infants in the first year than any other cause. To help keep your child safe:

- ALWAYS use an approved car seat---no matter how short the trip. **In the car, the safest place for your baby is securely buckled into a car seat in the rear seat.** Everyone should buckle up.
- NEVER leave your baby unattended in the bathtub---even for a moment.
- Adjust your water heater to 120° F.
- NEVER tie a pacifier on a string around your baby's neck.
- NEVER leave your baby alone on a changing table, bed, or sofa. Even if he cannot roll over, he could wiggle to the edge and fall off. A crib or cradle is the safest place for your child to sleep.
- Keep plastic bags, safety pins, and buttons out of the crib and out of reach of your baby.
- Put a smoke alarm on every level of the house and in the nursery. Plan escape routes.
- Do not leave your baby alone with pets or young siblings.
- Never jiggle or shake your baby vigorously. This might cause permanent brain damage to your child.

WHEN TO CALL THE DOCTOR: You should call our office if your baby develops:

- A rectal temperature above 101.0° F (38.3 C) during the first two months of life.
- Decreased appetite, lethargy or decreased alertness, or repeated vomiting (not just spitting up).
- Extreme irritability.
- Severe diarrhea (loose, watery stools different from the usual pattern).

SUGGESTED READING:

Caring For Your Baby and Young Child, Birth to Age 5, by the American Academy of Pediatrics.

What To Expect The First Year by Eisenberg, Murkoff, Hathaway and published by Workman, New York, 1996.

Your Baby and Child by Penelope Leach and published by A.A. Knopf, New York, 1978.

First Feelings by Stanley and Nancy Greenspan and published by Viking, New York, 1985.

Touchpoints, Your Child's Emotional and Behavioral Development by T. Berry Brazelton, M.D and published by Addison-Wesley, Reading, Mass., 1992.

Taking Care of Your Child, A Parent's Guide To Medical Care by Pantell, Fries and Vickery and published by Perseus Books, Reading Mass., 1999.

Your Child's Health by Barton Schmitt and published Bantam books, 1991.

Infants and Mothers by T. Berry Brazelton and published by Delacorte Press, New York, 1969.

Copy Write (4/02)