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Well Child Care at 2 Weeks

Feeding

Your baby is growing! At this age, a baby only needs breast milk or infant formula. Breast-fed babies should usually feed about 10 minutes at each breast during each feeding. Breast-fed babies may want to nurse as often as every 2 hours. Most babies take 2 to 3 ounces of formula every 2 to 3 hours now. Babies usually wake up at night to feed. This is normal. If your baby wants to feed more often, try a pacifier. Your baby may need to suck but not feed. It is important to hold your baby during feeding. This is a good time to talk to your baby. Hold the bottle and do not prop it up.

Mixing formula: If you get powdered formula, mix 2 ounces of water per 1 scoop of formula. If you use concentrated liquid formula, always mix 1 can of formula with 1 can of tap water. Keep the mixture in the refrigerator.

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, and relatives is often very important at this time. A few mothers get the blues or even depression after a baby is born. Be sure to tell someone if you are feeling this way. Ask your baby's healthcare provider for help.

Babies usually sleep 16 or more hours a day. Healthy babies should be placed in bed on their backs. Sleeping on the back reduces the risk of sudden infant death syndrome (SIDS).

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 (constipation). Babies usually wet the diaper at least 6 times each day.

Call your healthcare provider if you feel depressed or overwhelmed. Having a new baby is a major life change and hormonal changes may lead to postpartum depression.

Safety Tips

Choking and Suffocation

- 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. Use a crib with slats not more than 2 and 3/8 inches apart. Crib slats more than 2 and 3/8 inches apart can lead to injury.
- Place your baby in bed on his back.

Falls

- Never leave the baby alone except in a crib.
- Keep mesh netting of playpens in the upright position.

Car Safety

- Car seats are the safest way for babies to travel in cars and are required by law. Place Infant car seats in a back seat with the infant facing backwards.
- Never leave your baby alone in a car or unsupervised with young brothers, sisters, or pets.

Smoking

- Infants who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.

Immunizations

Immunizations protect your child against several serious, life-threatening diseases. Between birth and 2 weeks of age, your child should have a hepatitis B shot.

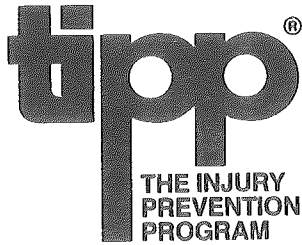
Call your child's healthcare provider if:

- Your baby develops a fever, a fever is any temperature above 100.4.
- Your child is very irritable and you cannot calm him.

Next Visit

Your baby's next appointment will usually be at the age of 2 months. At this time your child will get a set of immunizations. Bring your child's shot card to all visits.

Birth to 6 Months



BIRTH TO 6 MONTHS

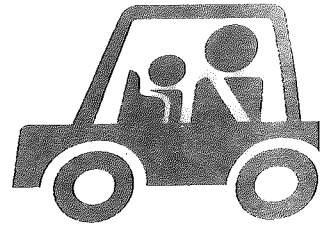
Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which could be prevented?

Often, injuries happen because parents are not aware of what their children can do. Children *learn fast*, and before you know it, your child will be *wiggling* off a bed or *reaching* for your cup of hot coffee.

Car Injuries

Car crashes are a great threat to your child's life and health. Most injuries and deaths from car crashes can be prevented by the use of car safety seats. Your child, besides being much safer in a car safety seat, will behave better, so you can pay attention to your driving. Make your newborn's first ride home from the hospital a safe one — in a car safety seat. Your infant should ride in the back seat in a rear-facing car seat.

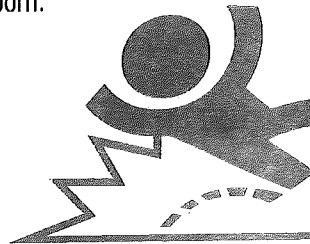


Make certain that your baby's car safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the sections in the owners' manual of your car on using car safety seats correctly. Use the car safety seat EVERY time your child is in the car.

NEVER put an infant in the front seat of a car with a passenger air bag.

Falls

Babies *wiggle* and *move* and *push* against things with their feet soon after they are born. Even these very first movements can result in a fall. As your baby grows and is able to roll over, he or she may fall off of things unless protected. **Do not leave your baby alone** on changing tables, beds, sofas, or chairs. **Put your baby in a safe place** such as a crib or playpen when you cannot hold him.



Your baby may be able to crawl as early as 6 months. **Use gates on stairways and close doors** to keep your baby out of rooms where he or she might get hurt. **Install operable window guards** on all windows above the first floor.

Do not use a baby walker. Your baby may tip the walker over, fall out of it, or fall down stairs and seriously injure his head. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves.

If your child has a serious fall or does not act normally after a fall, call your doctor.

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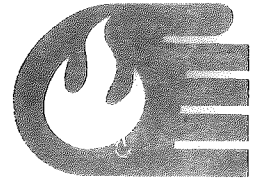


Burns

At 3 to 5 months, babies will wave their fists and grab at things. **NEVER** carry your baby and hot liquids, such as coffee, or foods at the same time. Your baby can get burned. You can't handle both! To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

If your baby gets burned, immediately put the burned area in cold water. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth and call your doctor.

To protect your baby from house fires, be sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

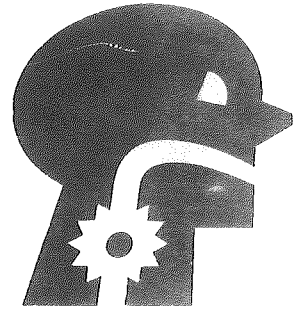


Choking and Suffocation

Babies explore their environment by putting anything and everything into their mouths. **NEVER** leave small objects in your baby's reach, even for a moment. **NEVER** feed your baby hard pieces of food such as chunks of raw carrots, apples, hot dogs, grapes, peanuts, and popcorn. Cut all the foods you feed your baby into thin pieces to prevent choking. **Be prepared if your baby starts to choke. Ask your doctor to recommend the steps you need to know. Learn how to save the life of a choking child.**

To prevent possible suffocation and reduce the risk of sudden infant death syndrome (SIDS), **your baby should always sleep on his or her back. NEVER** put your baby on a water bed, bean bag, or anything that is soft enough to cover the face and block air to the nose and mouth.

Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your baby.



From Your Doctor

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The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.