



2 Week Visit

Take a moment to congratulate yourself on getting through the first 2 weeks of parenthood! Life with your two-week-old revolves around feeding, sleeping, and crying. Your newborn infant should tightly grasp with his or her hands and respond to light, noise and movement.

What should my 2 week old be doing?

All babies develop at different rates. Please do not be discouraged or worried if your child has not achieved the following milestones by 2 weeks.

- Readily locate the nipple for feeding
- Have a strong sucking reflex
- Respond to light, noise and movement
- Tightly grasp with his hands

Feedings

Full-term infants require feeding approximately every 2 to 3 hours, both day and night, so you may need to wake your baby to ensure adequate nutrition. Some breastfed babies may want to nurse slightly more frequently, but most babies consume about 2-3 oz. at each feeding. Breastfeeding is encouraged and breastfed newborns may be supplemented with a bottle of pumped breast milk or formula one time a day beginning at two to three weeks of life, if desired. If formula is used, make sure it is iron-fortified and whether expressed mother's milk or formula, never heat bottles in the microwave. It is best to hold your baby semi upright while feeding.

Vitamins

The American Academy of Pediatrics recommends supplementing exclusively breast fed babies with 400 IU of vitamin D daily. You can speak with your pediatrician regarding the options available. Nursing mothers should continue their prenatal vitamins.

Fever

At this age a fever may be a warning sign of a serious infection. A temperature of 100.4 degrees or higher taken rectally is considered a fever in a newborn. Contact your physician IMMEDIATELY if this occurs. Do not give Tylenol or any other medication before your child is evaluated by a physician.

Sleep

The AAP recommends that all newborns be placed on their back to sleep. Use a firm mattress. No pillows, blankets, toys, bumpers, etc., should be in the crib. Hold and cuddle your baby if crying...gentle motion seems to induce comfort and sleep. You can't spoil them at this age. Don't let your baby sleep more than three consecutive hours during the daytime. Most babies sleep 16-18 hours per day. Do not feed your baby if he cries and less than two hours have passed since the previous feeding. Babies who feed frequently during the day become hungry at frequent intervals during the night. Make middle-of-the-night feedings brief and boring. Don't turn on the lights, talk to, or rock your baby. Feed him quickly and quietly. Call our office if your child doesn't seem to be as active, wants to sleep more or is hard to wake up.

Tummy time

While it is important that all children sleep on their backs, giving your child tummy time while awake and supervised will help prevent him from favoring one side of his head and allows him to develop other muscle groups.

Car Seat

Your child needs to be in car seat that is rear facing until 2 years of age. Use the car seat in the back middle seat of the car and make sure the seat is securely belted into the car.

Crying

Crying is normal for newborn babies and may occur for many different reasons. Most babies will develop a fussy period toward the end of the day between 3 and 12 weeks of age called colic. This is the baby's way of winding down after her day. Make sure she is not dirty or hungry. Try picking up the baby, cuddling, walking or rocking in a slow, soothing manner. If your child cries more often, or seems more fussy and cannot be calmed in the usual way, please call our office.

What's normal for my baby?

Stooling - Bowel movements are highly variable in frequency, amount, color and consistency. Call if stools are hard or if your baby seems uncomfortable.

Breathing - It is normal for your child to have periods where he breathes fast and shallow and then slowly. This is called periodic breathing. It is also normal to have high pitched inspiratory (when he takes a breath in) squeals from time to time. Contact our office if your baby displays any of the following: rapid breathing all the time, inspiratory squeal associated with pulling in of the chest, or has a pale, bluish or marbled color or appearance.



Rashes - Babies have sensitive skin and frequently develop transient rashes.

Hiccups, Sneezing and Passing Gas are all normal occurrences in the newborn period.

Eye contact—by this age, your infant should be gazing into your eyes and showing interest in their new world around them.

Additional Recommendations

- Sing, talk and smile to your baby. Pick up, snuggle and play with your baby. Show your little one how thrilled you are they are part of your life.
- Try to get your baby to coo or make other sounds for you.
- Do not put your baby to bed with a bottle or prop it in his mouth; propping leads to swallowing more air, spitting up and even choking; it can also cause ear infections.
- Your baby will thrive on formula or breast milk. Do not give your baby juice or solid food at this time.
- Your hot water heater should be set for less than 120 degrees to prevent scalding or burns from hot water.
- Make sure your house or apartment has a smoke detector on each level and all smokers should smoke outside of your house or apartment.

What vaccines and/or screening tests should I expect at this visit?

Your baby will have the second metabolic screening at this visit. This is a blood test that was first done in the hospital before being discharged home. Today is a repeat or double check of that study. Your baby may have already had the Hepatitis B vaccine at the hospital, if not this will be given at the 2 week visit.

