
Baby Business

A Publication of Suburban Pediatric Clinic

2 WEEK EDITION

Baby Business 2 week edition: This week's Baby Business will discuss what parents should expect when your baby is around 2 weeks old.

Baby's Name _____ Weight _____ Height _____

NUTRITION

All that your baby needs to eat at this age is breast milk or formula.

Breast fed babies: Breast milk is the perfect food for your baby.

- ♥ Your baby will typically nurse every 2-3 hours.
- ♥ Nurse your baby on both sides each time you feed your baby. In time, you may feed on one side at each feeding.

Formula fed babies: Babies need iron, so use a high iron formula. If you have any questions about which formula is right for your baby, please ask your health care provider.

- ♥ Your baby will typically eat 1-4 ounces every 2-4 hours.
- ♥ Babies do not need water at this age.
- ♥ Do not heat the bottle in a microwave.

SLEEP

We recommend that your baby sleep on his **BACK**. Do not let your baby sleep on soft surfaces, such as a waterbed, fluffy blanket, or anything that is soft enough to cover the face and block air to the nose and mouth. Avoid over-bundling as well. This has been shown to lower the risk of *Sudden Infant Death Syndrome* (SIDS or crib death).

- ♥ Your baby will eventually sleep through the night, probably between the ages of 2 and 6 months.
- ♥ Try to put your baby down when he is drowsy but still awake, by doing this, your baby gradually learns to put himself back to sleep after middle of the night awakenings.
- ♥ Rocking your baby is very enjoyable, but again try to put him down before he is sound asleep.
- ♥ Daytime naps should be limited to 3-4 hours, a baby who sleeps all day may not want to sleep at night.

CRYING

Your baby can be expected to cry frequently during his first 6-8 weeks.

- ♥ Your baby may cry because he is hungry or wet.
- ♥ Sometimes there is no identifiable reason for your baby crying.
- ♥ Holding, cuddling, strolling, rocking, or car riding will often soothe both baby and parents.
- ♥ Please call our office if crying is associated with fever, poor feeding, recurrent vomiting, lack of energy or other possible illnesses.

FEVER

Be sure you know how to take your baby's temperature correctly. If you have any questions on the proper way to do this, please ask your nurse or doctor.

- ♥ Rectal temperatures are most accurate and should be used for this age baby.
- ♥ A rectal temperature of 100.4 degrees F or greater is considered fever.
- ♥ Fever may be the only sign of a serious illness in a baby less than 3 months old.
- ♥ Please call our office **IMMEDIATELY** if your baby has a temperature greater than **100.4** degrees F.

Baby Safety Issues

CAR SAFETY

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- ♥ Make sure that your baby's car seat is installed correctly.
- ♥ For this age baby, the car seat should be **REAR** facing and placed in the **BACK** seat until your baby is 20 pounds and at least 12 months old.
- ♥ Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

HOT WATER SAFETY

Be sure to check the hot water temperature in your home. The correct water temperature should be set at less than **120 degrees F.**

- ♥ If you need to change the water temperature in your home, please ask your nurse for instructions on how to do this.
- ♥ If your baby gets burned, **IMMEDIATELY** put cold water on the burned area and call your doctor.

CIGARETTE SMOKE EXPOSURE

DO NOT let anyone smoke in your house or car.

- ♥ Cigarette smoke exposure increases your baby's risk of contracting colds, ear infections, asthma, and SIDS (crib death).
- ♥ We know that quitting smoking is very difficult, but your new baby is your best incentive to do so.

HOME SMOKE ALARMS

Be sure to have a correctly working smoke alarm in your home.

- ♥ **TEST** the batteries in your smoke alarm **MONTHLY.**
- ♥ Set a date each year to **REPLACE** the batteries in your smoke alarm, on your baby's birthday or at daylight savings time.

CPR

Please take a CPR course at your local Red Cross, YMCA, or college.

HELPFUL HINTS

Try to avoid crowds of people. It is all right to take your baby out briefly at this age, but do not let anyone that is sick hold your baby. Everyone loves to hold a new baby, but do not feel guilty for saying "no."

- " Please remember to wash your hands frequently and to also ask visitors to wash their hands before holding your baby.
- " **NEVER** leave your baby unattended.

NEXT CHECKUP: 1 MONTH

Your baby's next checkup is at 1 month of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9, and 12 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on checkups and immunizations is one of the best things you can do for your baby's health.

PPlease remember to bring your baby's immunization card and insurance or Medicaid card to every visit.PP