

## *Age: 2 to 4 weeks old*

### **FEEDING**

Your baby is growing quickly! At this age a baby only needs breast milk or infant formula with iron. Never use formula with low or no iron. Supplemental bottles of water are not needed. Babies like to eat every 2 to 4 hours. It is normal for a baby to wake up at night to feed. Please do not prop the bottle or lay the baby flat while feeding since these actions can lead to choking and increased ear infections. If you use concentrated liquid formula, always mix 1 can of formula with 1 can of water. Keep the mixture in the refrigerator. If you buy powdered formula, mix 2 ounces of water per 1 scoop of formula. At this age, most babies will eat between 20 to 26 ounces each day.

### **BOWEL HABITS**

Most babies will strain to pass a bowel movement; signs include grunting and turning red in the face. This is normal and is not a sign of constipation (small hard pellet-like stools). Normal stools should be soft in consistency. The frequency of stools is extremely variable with each child.

### **DEVELOPMENT**

Babies are learning to use their eyes and ears. They enjoy smiling faces and pleasant voices. They also are learning to lift and turn the head from side to side. Although babies should not sleep on their tummies, they should play on their tummy to encourage head and neck control. Babies should follow objects with their eyes at about 8 inches and respond to sounds made in the home.

### **BATHING**

Babies enjoy being bathed. Use a gentle cleanser such as Cetaphil or Dove soap. Pay special attention to the diaper area. Girls should be wiped front to back. In uncircumcised boys gently pull the foreskin back to clean the urethra. Never force the foreskin all the way back. It will gradually go back as the baby ages. Always check the water temperature of the bath before the baby is immersed.

### **SLEEP**

Babies usually sleep 16 or more hours each day. They should sleep on their back or side to help prevent SIDS. During the first few weeks babies may have irregular sleep patterns or have their days and nights mixed up. Try to keep the room quiet with low light at night to promote night sleeping. Try to stimulate your baby during the daytime hours by talking, singing, reading, and playing soft music. Remember to nap when your baby naps.

### **SAFETY**

Accidents are the number one cause of death in the first year of life. To promote safety for your baby:

1. Always use an approved rear facing car seat no matter how short of a trip.
2. Never take your baby out of the car seat while the car is in motion.
3. Infant car seat should be placed in the back seat only.

4. Never leave your baby unattended with young brothers, sisters, or pets.
5. Never tie a pacifier on a string around your baby's neck. Instead pin it to the shirt.
6. Never leave your baby alone on a changing table, bed or sofa. Even if she cannot roll over she can wiggle to the edge and fall off.
7. Keep plastic bags, safety pins and buttons out of the crib and out of reach of the baby.
8. Always make sure the sides of the crib are all the way up, and crib slats are no more than 2 and 3/8 inches apart. If a can of coke will fit between the slats, the crib is not safe for your baby.
9. To avoid scalds, set your water heater temperature to 120 degrees F.

### **IMMUNIZATIONS**

Your baby will receive his or her first Hepatitis B Vaccine between birth and 2 months. This vaccine typically has very few side effects, and will help prevent liver disease. If you have not already done so, you should take your infant for the second newborn screening test called the PKU. Please ask your doctor about this test.

### **WHEN TO CALL**

You should call the doctor if your baby develops fussiness, a cold, diarrhea, or a rectal temperature greater than 100.5. If your baby is younger than 2 months old, please call our office before giving Tylenol for any reason.

### **NEXT VISIT**

Your child's next appointments should be at 1 month and 2 months of age. Please bring your shot record with you to each well child visit.

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