



Date: _____

Weight: _____

Height: _____

Head Circumference: _____

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 10-15 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 boiled water while it's still very hot with 1 scoop of formula; then cool the formula to a safe feeding temperature. If you use concentrated liquid formula, always mix 1 can of formula with 1 can of boiled water. Keep the mixture in the refrigerator. Breast-Fed babies need to take a 1 ml of Vitamin D daily until 4 months of age.

Development

Babies are learning to use their eyes and ears. Smiling faces and gentle, pleasant voices are interesting for babies at this age. Having a new baby is a major life change. Many mothers find that the baby brings a lot of new work. Help from fathers, friends, and relatives are often very important at this time. A few mothers get the blues or even depression after a baby is born. This may be caused by hormonal changes or your situation. 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.

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.
- Use a mattress that fits the crib snugly.
- Do not use bumper pads.

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. If you aren't sure how to install the seat in your car, contact a local fire department.
- 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. Shortly after birth, your child should have a hepatitis B shot. Call your child's healthcare provider if:

- Your baby develops a fever.
- Your child is very irritable and you cannot calm him.

Normal Development: 2 Weeks Old

Here's what you might see your baby doing between the ages of 2 weeks and 2 months.

Movement

- Movements gradually become smoother and more controlled.
- Lifts chin for a few seconds when lying on tummy.
- Cannot support head without help.
- Grasps whatever is placed in hand.

Vision and Hearing

- May follow some moving objects with eyes.
- Explores surroundings with eyes.
- Turns in direction of some sounds.

Interactive Behaviors

- Cries to express specific things, such as hunger, pain, being too hot or too cold, and excitement.
- May cry when left alone; usually stops when picked up.
- Makes gurgling and cooing sounds when happy and content.
- Makes eye contact.
- May quiet down in response to human face.
- Responds positively to being held and comforted.
- May smile at familiar faces and voices, especially mother's voice.

Each child is unique. Some behaviors and physical milestones tend to occur at certain ages, but a wide range of growth and behavior for each age is normal. It is natural for a child to reach some milestones earlier and other milestones later than the general trend. If you have any concerns about your child's own pattern of development, check with your healthcare provider.

Positioning Protocol

Frequent changes in your child's position are recommended. Examples are listed below to help improve your child's neck mobility to prevent or to improve an abnormal head shape. If your child's head shape fails to improve by 3 to 4 months of age, contact your doctor.

- Alternate the end of the crib in which you place your baby to sleep.
- Alternate the end of the changing table in which you place your child's head. If you stand or sit at the end of your baby for diaper changes, position yourself slightly off to the side and alternate sides to encourage your baby to move his or her head.
- Place toys on the side of the stroller, swing, crib, or infant seat where neck rotation is most limited.
- Alternate the hip or arm with which you carry your baby. You may notice some fussing and irritability at first because your baby will have to turn in the direction of the neck restriction, but the fussiness will decrease with time.
- Attempt to interact with your child on the side where neck movement is limited.
- A cushioned head support may be necessary to support your baby's neck when he or she is in the car seat. Infants tend to scrunch up and turn to the side of least resistance.
- Provide supervised "tummy time" daily while your baby is awake. Initially, babies often cry and resist this position. Start with just a minute or two of tummy time

and gradually increase it as your baby learns to tolerate it. Tummy time will help improve your child's muscle strength and development.

New Mother: Friendships and Isolation

Friends take time and energy--both of which is in short supply after you become a parent. Most new parents find the demands of parenting affect the number and intensity of friendships they can sustain, especially during the baby's first couple of years. Good friends--including those who do not have children themselves--will support your decision to take good care of yourself and will not place any demands on you when you are learning how to manage being a new parent.

Hints for dealing with friends

- Be sensitive to how much "baby talk" your friends want to hear and don't overdose them.
- Don't ask for too much help with your baby from friends. Those who have no children may not understand your needs.
- Set time limits on social occasions. Your baby may be up and ready to eat at 6:00 AM the next morning!
- Listen to your friends and be a friend to them whenever you have the time and energy. As usual, the best prescription is, "if you want to have a friend, be one."
- Never assume your baby is invited to a social occasion. Always check first.

Hints for dealing with isolation

After 3 months of taking care of a new baby, most new mothers feel lonely and isolated. If you are feeling isolated:

- Recognize that almost every mother has some feeling of being trapped about this time and also wonders if the rest of her life is going to be a routine of bottles, dirty diapers, and lack of sleep.
- Join a parenting support group. It helps to talk with other parents.
- Find friends who also have small children. Playgroups for babies are a good place to meet other moms and dads.

Reference: RelayHealth and Bright Futures 2017, McKesson Health Solutions LLC, Barrow Neurological Institute

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