

2 Week Old Handout



How You Are Feeling

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Call for help if you feel sad or blue, or very tired for more than a few days.
- Know that returning to work or school is hard for many parents.
- Find safe, loving child care for your baby. You can ask us for help.
- If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

Getting to Know Your Baby

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on his back.
 - In your room.
 - Not in your bed.
 - In a crib, with slats less than 2 3/8 inches apart.
 - With the crib's sides always up.
 - If using a playpen, make sure the weave is less than 1/4 inch and never leave the baby in it with the drop side down.
- Hold and cuddle your baby often.
- Your baby may start to hold his head up when on his stomach.
- Tummy time—put your baby on his tummy when awake and you are there to watch.
- Crying is normal and may increase when your baby is 6–8 weeks old.
- Colic(frequent and longer episodes of crying) may develop at this age. Colic usually lasts for 3 months and then improves
- When your baby is crying, comfort him by talking, patting, stroking, and rocking.
- Never shake your baby.
- If you feel upset, put your baby in a safe place; call for help.

Fever

- Know how to take your baby's temperature rectally.
- Rectal temperatures are the most accurate at this age.
- Ear thermometers often indicate a fever when the temperature is normal.
- Call us immediately if your baby has a temperature 100.4°F (38.0°C) or higher.

- Babies less than 2 months old should not be given acetaminophen.

Car Seat

- Use a rear-facing car safety seat in all vehicles until 2 years of age.
- Make sure your car seat is properly installed at www.seatcheck.org.
- Ask our nurses to make sure your baby is properly fastened
- Never leave your baby unattended in a car seat.
- Never put your baby in the front seat of a vehicle with a passenger air bag.

Safety

- Always wear your seatbelt and never drive after using alcohol or drugs.
- Keep your car and home smoke free.
- Keep hanging cords or strings away from and necklaces and bracelets off of your baby.
- Keep a hand on your baby when changing clothes or the diaper.

Your Baby and Family

- Plan with your partner, friends, and family to have time for yourself.
- Take time with your partner too.
- Let us know if you are having any problems and cannot make ends meet. There are resources in our community that can help you.
- Join a new parents group or call us for help to connect to others if you feel alone and lonely.
- Call for help if you are ever hit or hurt by someone and if you and your baby are not safe at home.
- Prepare for an emergency/illness.
- Keep a first-aid kit in your home.
- Learn infant CPR.
- Have a list of emergency phone numbers.
- Wash your hands often to help your baby stay healthy.

Feeding Your Baby

- Feed your baby only breastmilk or iron-fortified formula in the first 4–6 months. If you are feeding your baby formula, use ready to feed formula until your baby is 3 months old.
- Pat, rock, undress, or change the diaper to wake your baby to feed.
- Feed your baby when you see signs of hunger:
 - Putting hand to mouth
 - Sucking, rooting, and fussing
- End feeding when you see signs your baby is full:
 - Turning away
 - Closing the mouth

- Relaxed arms and hands
- Breastfeed or bottle-feed 8–12 times per day.
- Burp your baby during natural feeding breaks.
- Having 5–8 wet diapers and 3–4 stools each day shows your baby is eating well.
- If your baby is gaining weight well, it is OK to let your baby sleep longer at night.
- Middle of the night feeds will not spoil your baby.

If Breastfeeding:

- Continue to take your prenatal vitamins and your baby needs one dropful of vitamin D supplement or Poly-vi-sol.
- When breastfeeding is going well (usually at 4–6 weeks), you can offer your baby a bottle or pacifier.

If Formula Feeding:

- Always prepare, heat, and store formula safely. If you need help, ask us.
- Feed your baby 2-3 oz about every 3-4 hours.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

Immunizations

- When your baby is 8 weeks old, he will be due for vaccines.
- Review the handouts on the vaccines your baby will be due for: Dtap, HIB, Hepatitis B, Polio, Prevnar, and Rotavirus vaccines.
- Write down any questions you may have.
- For more information, go to www.cdc.gov/vaccines/.

The next well visit is the 2 Month Visit

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org