



Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900
6374 N. Lincoln #204 Chicago, IL 60659 (773)478-1067
2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806

Your Two Week Old Infant

Name _____ Date _____

Weight _____ Length _____ Head _____

Feeding:

- Breast-feed your baby on demand, at least every 2-3 hours (8-12 feedings per day). The length of a feeding varies, so feed until your baby seems content. Continue prenatal vitamins while breast-feeding.
- If you do not breast-feed, use an iron-fortified infant formula. Feed your baby 1-3 ounces every 3-4 hours. Occasionally, your baby may need a bottle sooner. As your baby grows, his formula intake will increase too. Use tap water or nursery water for mixing powdered formula.
- Review the formula preparation instructions carefully. Do not heat formula/expressed breast milk in the microwave.
- Newborns do not need supplemental water.
- Do not give honey or corn/Karo™ syrup in the first year of life.
- Exclusively breast-fed babies need a vitamin supplement like Tri-Vi-Sol™. Give 1 mL/day in his mouth.
- There is preliminary evidence that polycarbonate bottles bearing the #7 should be avoided due to high bisphenol A (BPA) content. Use glass or plastic bottles with #1, #2, or #4.
- If you need further assistance with breastfeeding, you can find a lactation consultant through www.ilca.org by entering your zip code. A group we routinely recommend is Lactation Associates 847-509-8302 or you may visit their website at www.lactationassociates.com.

Elimination:

- Breast-fed babies have small, frequent, yellow or green stools with a pasty, watery, or curd-like consistency.
- Bottle-fed babies have 2-4 soft, brown, green or yellow stools each day.
- A healthy, well-hydrated baby should have 6-8 wet diapers each day.



Sleep:

- Always place your baby on his back to sleep on a firm, flat mattress. No crib bumpers should be used! Your baby should not sleep on his side or tummy. Your baby should also not fall to sleep with positioners, wedges, blankets, pillows or toys in bed.
- Nights and days will be mixed up for some time, allow your baby time to “regulate” his/her circadian rhythm. Make nighttime dark and non-stimulating if possible.
- Your baby is too young to cry himself to sleep. Your baby cries to communicate that he needs something from you.
- Babies sleep best in their own crib or bassinet. Even if you are sleepy, put your baby on his back in his bassinet/crib/cosleeper. Resist the urge to keep the baby in bed with you.
- Babies of this age should not sleep for extended periods i.e. at night in their carseat.

Development: (Birth to 4 weeks):

- Although babies must sleep on their backs, allow for observed “tummy time” everyday while awake. Your baby will raise his head

slightly when lying on tummy, and will get better and better with this skill if you practice! Because babies spend a lot of time sleeping, they are at risk of developing a “flat head”. Prevention is the key! Tummy time helps, and so does varying the direction your baby’s head is facing at different naptimes, either right or left facing. A “flat head” does not develop overnight but rather over time if positioning is not varied and tummy time is not practiced. Back to sleep, tummy to play!

- Your baby will begin to focus on your face when held closely- a distance of about 8-10 inches is ideal for close gazing.
- Your baby will respond to sound by startling or quieting.
- Consider offering a pacifier at naptime and bedtime because pacifier use during sleep is associated with a reduced risk of SIDS. During the first year of life, the pacifier should be used when placing him down to sleep and not be reinserted once he falls asleep. If the infant refuses, do not force the pacifier. Breastfeeding should be well established before offering the pacifier..ask us if you are unsure.

Safety:

- Always use a carseat made for an infant and place it rear-facing in the back seat.
- Once again, cosleeping in the bed is not recommended and may be dangerous. The crib slats should be $<2^{3/8}$ inches apart.
- Take an infant CPR/first aid class. Try Northwestern Memorial Hospital 877-926-4664 or Children’s Memorial (773)975-8751
- Never, Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.
- Never leave the car seat/bouncer on an elevated surface.
- No jogging strollers until 9-12 months!
- Watch your older children and pets carefully around your baby.
- Going outside is okay in clement weather. A stroller with netting is nice!
- Avoid crowds with your newborn, limit visitors-encourage hand washing.
- Install and maintain smoke and carbon monoxide detectors.

- Set your hot water heater to 100°F to prevent burns and never drink hot liquids while holding your baby.
- Protect from sun exposure with clothing, blankets, or an umbrella.
- Shaking or spanking your baby may cause serious injury or death.
- Do not smoke around your baby – it may lead to respiratory problems.

Other Things to Keep in Mind:

- Know the signs of illness– temperature equal to or over 100.4°F rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row.
- Every baby is unique, some babies cry as much as 2-3 hours/day and sleep as little as 14 and as much as 22 hours/day.
- Your baby may sound “congested”. This is normal. If your baby coughs frequently or if you think your baby has a cold, call the office.
- Show your baby affection – you can not spoil a newborn.
- Hiccups are normal! They usually decrease by 4 weeks of age.
- Wondering if your baby is cold? Babies generally are comfortable with one more layer of clothing than their parents.
- The next few weeks will be exciting and wonderful, but also stressful and tiring- PLAN REST PERIODS! Call the office or your OB if you are experiencing “the baby blues”. Expect to receive more information about this condition at your baby’s one month checkup.
- For routine questions, call in time is 9a.m.-9:30a.m. Monday-Friday, 9:30a.m.-10a.m. Saturday, and Sunday 10:30a.m.-11:00a.m. If you have any concerns, please do not hesitate to call the office. Don’t let a busy signal deter you, we take calls at any time. For emergencies, a doctor is on call after the office is closed.
- Adults who have or who anticipate having regular close contact with your infant should receive a single dose of Tdap (tetanus, diphtheria, pertussis). Mothers can receive this vaccine in the immediate postpartum period to protect themselves and their newborn infant from pertussis (whooping cough).





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Tests/Immunizations for Today:

None are usually needed.

At the 4 week check-up:

- Your baby will have a physical examination.
- Your questions and concerns will be answered.
- Your baby will receive the second Hepatitis B vaccine. This vaccine must be given at least 28 days after the first one (usually given in the hospital before discharge).
- You will receive an information packet about postpartum depression.
- If you have questions or concerns about vaccines, please visit <http://vaccine.chop.edu/parents>

Suggested Reading:

“The Nursing Mothers Companion”

“What to Expect the First Year”

AAP “Caring for Your Baby and Young Child-Birth to Age 5”
