

Town & 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 Four Week Old Infant

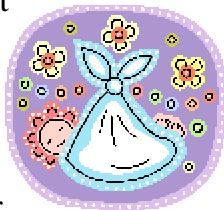
Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Percentile _____ Percentile _____ Percentile _____

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. Feedings will become more regular over the next month. Continue prenatal vitamins while breast-feeding. This is the time to introduce a bottle of expressed breast milk if you are planning to do so.
- If you do not breast-feed, use an iron-fortified infant formula. Feed your baby 2-5 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.
- Babies do not need supplemental water.
- Do not give honey or corn/Karo™ syrup in the first year of life.
- Expect a growth spurt between 3 and 6 weeks of age. This is normal, and your baby may want to eat more and/or sleep more.
- Exclusively breast-fed babies need a vitamin supplement like Tri-Vi-Sol. The dose is 1 mL/day given into your baby's mouth or



into a bottle of expressed breast milk/formula.

- There is preliminary evidence that polycarbonate bottles bearing the #7 should be avoided due to high bisphenol A (BPA) content. Choose plastic bottles with #1, #2, or #4 on them.

Elimination:

- Breast-fed babies have yellow stools with a pasty, watery, or curd-like consistency. The frequency varies - a few per day to a few per week is normal.
- Bottle-fed babies usually have 2-4 soft, brown, green or yellow stools each day.

Sleep:

- Always place your baby on his back to sleep on a firm, flat mattress of a crib/bassinet. Your baby should not sleep in the bed with you.
- Your baby should not sleep with positioners, wedges, blankets, pillows, or toys in bed. No crib bumpers should be used. Your baby should not sleep for long periods unattended in the car seat.
- The average baby sleeps 15.5 hours per day between 1 and 4 months of age. It is normal for your baby to sleep more on some days and less on other days.
- Your baby is too young to cry

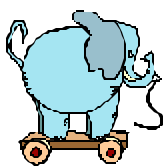


himself to sleep.

- 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.

Development (1 to 2 months):

- 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!
- Reduce the time in car-seat carriers, bouncy seats, and swings- these devices apply pressure to the back of the head increasing the chances of a “flat head” and impairing development.
- Delight in your baby’s developmental accomplishments! He/She can probably raise his/her head and chest higher when lying on tummy and hold his/her head up briefly.
- Your baby will move her arms and legs equally.
- He/she may start to have a social smile, coos, cries may change according to needs. He/she may focus on your face, may visually follow an object.
- Your baby will also respond to sound and voices by quieting or cooing.



Safety:

- Always use a carseat made for an infant and place it rear-facing in the back seat.
- Always make sure your baby is sleeping in a safe place – in a crib or bassinet. The slats should be less than 2- 3/8 inches apart. Crib bumpers are not recommended.
- Take an infant CPR/first aid class. Try Northwestern at 877-926-4664 or Children’s Memorial at 773-975-8751
- Watch your pets and older children around your infant.
- Set your hot water heater to 100°F to prevent burns and never drink hot liquids while holding your baby.
- Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.
- No jogging strollers until 9-12 months!
- Protect from sun exposure with clothing, blankets, or an umbrella.
- Install and maintain smoke and carbon monoxide detectors.
- 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.
- Show your baby affection – you can not spoil a newborn. Hold, talk and sing to your baby.
- 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 postpartum period to protect themselves and their newborn infant from pertussis (whooping cough).
- Sleep when the baby is sleeping- leave the housework and chores!

Tests/Immunizations for Today:





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- Hepatitis B vaccine will be given today. Please review the information sheet. He/she will not need pain relieving medications (Tylenol). Please call the office before giving pain relieving medications to your <2 month infant.
- A postpartum depression surveillance information packet will be handed out. Please take the time to read this information about a very common condition. If you need help, some resources are listed, or please ask us.

At the 2 month check-up:

- Your baby will have a physical examination.
- Your questions and concerns will be answered.
- Your baby will receive the Pentacel (DTaP, HIB, Polio), Prevnar, Rotateq vaccines.
- If you have any questions about vaccines...please visit <http://vaccine.chop.edu/parents> an excellent site that will answer any concerns you may have.

Suggested Reading:

“The Nursing Mothers Companion”
“What to Expect the First Year”
AAP “Caring for Your Baby and Young Child-Birth to Age 5”

Additional Instructions:
