

2 Week Visit

Name _____ Today's Date _____

Weight _____ Length _____ Head Circumference _____

% _____ % _____ % _____

FEEDING:

- By now your baby should have regained his/her birth weight.
- Your baby should be feeding every 2-4 hours throughout the day and nighttime. If you are breastfeeding, make sure to continue to eat a well-balanced diet, continue your prenatal vitamins and drink plenty of water.
- If your baby is primarily breast-fed (less than 16oz. of formula daily) ask your doctor for a vitamin D supplement (e.g. Poly-Vi-Sol or Tri-Vi-Sol). If your baby is primarily formula fed, the vitamins are included in the formula and you will not need to give supplements.
- Your baby does not need any extra water until he or she is at least 4 months old. Your baby is getting all the water he or she needs from the breast milk or formula.

ELIMINATION:

- There is a wide variety of normal stooling patterns, ranging from several times a day to every few days. Daily bowel movements are not necessary.
- If your baby is a boy, he should have a straight and forceful urine stream. If your baby is a girl, make sure to clean her by wiping front to back only.

SLEEP:

- Have your baby sleep on his/her back, on a firm surface, without any stuffed animals, pillows or fluffy objects in the crib.
- Try to nap when your baby is napping to give yourself adequate rest.

DEVELOPMENTAL MILESTONES:

- Raises head slightly when lying on his/her stomach.
- Blinks to bright light, focuses with eyes and responds to sounds.
- Should be moving all his/her arms and legs the same amount.

SAFETY:

- Ensure a safe sleeping environment as stated above.
- Always use a rear-facing car-seat that is installed correctly in the back seat of the car. Most local police stations provide a free service to check for proper installation.
- If you use your infant car-seat as a carrier outside the car, place it on the ground or floor to prevent your infant from falling.
- Set the hot water heater temperature to a maximum of 120 degrees to prevent scald burns.
- Make sure you have a working smoke detector and carbon monoxide detector.
- Never shake your baby; this can cause serious brain injury.
- Keep your baby's environment tobacco-free.
- Keep your baby shaded and out of direct sunlight when outdoors.
- Take care of your own health—eat well, exercise and make sure you have your Tdap, Flu and all other needed vaccinations. Being healthy yourself helps protect the health of your baby!

FURTHER READING:

- Caring for Your Baby and Young Child. Birth to Age 5 (AAP)
- Your Child's Health (Barton Schmitt)
- The Nursing Mother's Companion (Huggins)
- What to Expect the First Year (Eisenberg, et. al.)

DOSING OF ACETAMINOPHEN (160mg/5mL):

- 6-11 pounds = 1.25ml

WHAT'S NEXT?

- Next check-up is at 2 months.
- At that time, your baby will receive a physical exam and one or more of the following first vaccinations:
 - DTaP (Diphtheria, Tetanus and Pertussis)
 - Hepatitis B
 - Prevnar (Pneumococcal)
 - IPV (Polio)
 - HiB (Haemophilus influenza type B)
 - Rota (Rotavirus)

Some of these may be given as one shot in a combined vaccine preparation.

- Bring your Newborn Screening Program paper with you to the next visit if you have not done so already. (This is the pink slip of paper with the drawing of a baby on it.)

SPECIAL INSTRUCTIONS:
