

Well Check: 2 Weeks

Over the next few weeks your baby will be starting to get a feel for the world around her. As a parent, you can do a lot to make sure your baby stays healthy and grows well. As healthcare providers, we're here to help. This handout will help you remember important things to do at home.

Feeding your baby

Breast milk is the best food for your baby. If you are not breastfeeding, feed your baby iron-fortified formula.

- Don't give water, juice, or other food for the first 4 to 6 months. Don't give honey for the first year.
- Offer to feed whenever your baby is hungry. Signs your baby is hungry include sucking, rooting, putting hand to mouth, and crying. Burp your baby during natural feeding breaks.
- If you need to wake your baby to eat, try patting her, undressing her, or changing her diaper.
- If you're breastfeeding
 - Keep taking your prenatal vitamins.
 - Give your baby vitamin D drops as recommended.
 - Once breastfeeding is going well (by about 3 to 4 weeks), you can offer your baby a bottle or a pacifier.
 - If you plan to return to work or school soon, start planning for how you can continue to breastfeed. Our office can help.
- If you're formula feeding
 - Your baby should be eating about 6 to 8 times a day, about 2 to 5 ounces each time.
 - Do not prop up the bottle. Hold your baby so you can look each other in the eyes.
 - Follow the instructions on the can to prepare, warm, and store formula safely. Don't heat formula in a microwave oven.



NEWBORN REFLEXES At 2 weeks, most babies:

- Lie in the fencer pose (pictured)
- Root for and suck on a breast or bottle
- Grasp a finger placed in their palm
- Throw out their arms and legs when startled

Keeping your baby safe and well

Building good everyday habits can go a long way toward keeping your baby safe and well.

- **Prevent illness**
 - Make sure your baby has all the recommended immunizations.
 - Wash your hands often.
 - A fever during the first 3 months can be a sign of serious illness. If you think your baby is ill, take her temperature the way your doctor instructed. Call our office right away if your baby's temperature is 100.4°F (38°C) or higher.
 - Don't allow smoking in your home or car.

- **Be safe in the car and when you're out**
 - Have your baby ride in a rear-facing car seat, in the middle of the back seat. Never put your baby's car seat in a seat with an air bag.
 - Never drink or use drugs and drive. Never text while driving. If your baby distracts you, pull over.
 - Don't carry your baby in a sling until he has good head control.
- **Be safe when you're at home**
 - Put your baby to sleep on his back, on a firm surface. Don't put bumpers, loose blankets, or fluffy toys in the crib.
 - Your baby should sleep in a crib in your room, not in your bed. Use a crib with slats 2 3/8 inches apart or less, and keep the crib's sides up.
 - If using a playpen, make sure the weave of the fabric is less than 1/4 inch.
 - Your baby may be rolling over soon. Always keep a hand on your baby when changing his clothes or diaper.
 - Keep hanging cords, strings, and necklaces away from your baby.
 - Prepare for an emergency. Keep emergency numbers handy, and learn infant CPR.

- **Never shake your baby.** If you feel overwhelmed or upset, put your baby in a safe place and call for help.
- **Take care of yourself and your family**
 - Be sure to go in for your postpartum checkup with your doctor when your baby is 6 weeks old.
 - Try to build routines that work for the whole family. Give your other children simple, safe ways to help with the baby.
 - Ask your partner or family to help you get a little time to yourself or alone with your partner.
 - If you are bothered by feeling little interest in doing things, or if you are feeling down, depressed, or hopeless, call your doctor or our office.
 - If anyone in your life is hurting you or your baby, or if you feel you are not safe, call for help immediately.

Your next well-child visit will be when your baby is 1 or 2 months old, depending on your provider.

Call our office if:

- Your baby's temperature is 100.4°F (38°C) or higher
- Your baby has any illness other than a mild cold.

NOTES:


Note: This is general information that applies to most families. If your doctor tells you something different, follow what your doctor says.

Helping your baby grow


As you're getting to know your baby, your baby's getting to know you as well: how you look, sound, smell, and feel.

- **Enjoy your time with your baby**
 - Spend time holding, cuddling, singing, and talking to your baby. Put your phone away so you can focus on your baby.
 - Create simple routines for your baby's bathing, feeding, sleeping, and playing. Make them fun for both of you.
 - Crying may increase when your baby is 4 to 8 weeks old. To comfort your baby, try gently touching his head, rocking him, or talking or singing softly.

HELPFUL RESOURCES



IntermountainMoms Facebook page



If you need help in other areas of your life (such as rent, violence, or a job), call 2-1-1, or visit 211ut.org for community resources.