

# Well Check: 2 weeks

Over the next few weeks your baby will start to get a feel for the world around them. As a parent, you can do a lot to help your baby stay healthy and grow 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.

- **Wait to give water, juice, or other food for the first 4 to 6 months.** Wait 1 year before giving honey, which can cause botulism in babies.
- **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, undressing, or changing their diaper.**
- **If you're breastfeeding:**
  - Keep taking your prenatal vitamins.
  - Give your baby vitamin D drops as recommended by your healthcare provider.
  - 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.
  - To help with your baby's development and to prevent choking, hold your baby so you can look in each other's eyes.
  - Follow the instructions on the container to prepare, warm, and store formula safely. Don't heat formula in a microwave oven.



At 2 weeks, most babies:

- Lie in the fencer pose (as pictured)
- Root for and suck on a breast or bottle
- Grasp a finger placed in their palm

## Keeping your baby safe and well

Building good habits keeps your baby safe and well.

- **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 place your baby's car seat in a seat with an air bag.
  - **Don't drive distracted.** Never drink, use drugs, text, or use the phone while driving. If your baby distracts you, pull over.
  - **Never leave your baby alone in a car.**
  - Avoid carrying your baby in a sling until your baby has good head control.

- **Prevent illness.**

- 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 their rectal temperature. **Call our office right away if the temperature is 100.4°F (38°C) or higher.**
- Make sure you and everyone else who cares for your baby is current on their immunizations, especially for pertussis (whooping cough) and the flu.
- Protect your baby from cigarette smoke and vaping.

- **Be safe when you're at home.**

- Put your baby to sleep on their 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.
- Always keep a hand on your baby when changing their clothes or diaper.
- Keep hanging cords, strings, and necklaces away from your baby.
- Keep emergency numbers handy, and learn CPR.

## My follow-up appointment

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

Date / Time: \_\_\_\_\_

Here are some helpful resources in the meantime:

- If you need help with housing, food, or if you feel unsafe at home, call 2-1-1, or visit [211ut.org](http://211ut.org) for community services.
- The Period of PURPLE Crying is a new way to help parents understand this time period. Visit [purplecrying.info](http://purplecrying.info).

## Helping your baby grow

As you're getting to know your baby, your baby is getting to know you as well.

- **Enjoy 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.
- Crying may increase when your baby is 4 to 8 weeks old. To comfort your baby, try gently touching, rocking, or swaddling them. You can also try talking or singing softly to them.
- Create simple routines for your baby's bathing, feeding, sleeping, and playing.

- **Never shake your baby.** If you feel overwhelmed, put your baby in a safe place and call for help.

- **Take care of yourself and your family.**

- Be sure to go in for a 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 ways to help.
- Ask your family to help you get a little time to yourself or alone with your partner.
- If you feel less interested in doing things or down, depressed, or hopeless, call your doctor or our office.

## When should I call my doctor?

Call our office if your baby:

- Has a temperature of 100.4°F (38°C) or higher
- Is very floppy, eating poorly, or if you have trouble waking them up
- Hasn't had at least 2 wet diapers in 24 hours

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