

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
- Throw out their arms and legs when startled

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.

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.



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 for community services.



The *Period of PURPLE Crying* is a new way to help parents understand this time period. Visit purplecrying.info



When should I call?

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 2 or more wet diapers in 24 hours

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