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FOR YOUR 2 WEEK OLD

feeding

Breastfeed 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.

If you can, avoid using a pacifier or giving a bottle in the first few weeks of life. Continue prenatal vitamins while breastfeeding.

Expect a growth spurt between 3-6 weeks of age. This is normal and your baby may want to eat more.

If you are not breastfeeding, use an iron-fortified infant formula.

Feed your baby 1-3 ounces every 3-4 hours. Occasionally, your baby may need a bottle sooner. As your baby grows, his formula intake will increase, too.

Review the formula preparation instructions carefully. Do not heat formula in the microwave.

Most babies do not need supplemental water.

Do not give honey or corn syrup in the first year of life.

elimination

Breastfed babies have small, frequent, yellow stools with a pasty, watery, or curd-like consistency. The frequency varies widely – 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.

A healthy, well-hydrated baby should have 6-8 wet diapers each day.

sleep

Always place your baby on his back to sleep on firm, flat mattress.

The average baby sleeps 16 1/2 hours per day in the first month of life. It is normal for your baby to sleep more on some days and less on others.

Your baby is too young to cry himself to sleep. Your baby cries to communicate that he needs something from you (like feeding or changing).

development (birth to 4 weeks)

Raises head slightly when lying on tummy - allow for "tummy time" everyday while you both are awake.

Blinks in reaction to bright light.

Focuses on your face when held closely.

Responds to sound by startling or quieting.



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safety

Always use a car seat made for an infant and place it rear-facing in the back seat until 1 year and 20 pounds.

Always make sure your baby is sleeping in a safe place.

The crib slats should be less than 2-3/8 inches apart.

Take an infant CPR class.

Set your hot water heater to 120°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.

other things to keep in mind

Hold, talk, and sing to your baby.

Show your baby affection – you cannot spoil a newborn!

Protect from sun exposure with clothing, hats, blankets, or an umbrella.

Know the signs of illness – temperature over 100.4 rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to see if these symptoms need further evaluation.

Shaking or spanking your baby may cause serious injury or death.

Watch your pets carefully around your baby.

Do not smoke around your baby - it may lead to respiratory problems and allergies, and increases their risk of SIDS.

Install and maintain smoke and carbon monoxide detectors.

For congested infants, over-the-counter nasal saline can be helpful. Place 2 drops into each nostril, wait 45 seconds, and aspirate with a bulb syringe. Do this as needed or up to 3 times a day.

suggested reading

“What to Expect the First Year”

“Guide to Your Child’s Sleep (AAP)”

“The Secrets of the Baby Whisperer”