



2 Weeks

By now you have had some time to adjust to your newest family member. In addition to caring for your new baby make sure you are caring for yourself by eating right and getting enough rest. If you are overwhelmed or exhausted ask family or friends for help.

Developmental and Milestones

- Begins to recognize family voices.
- Startles to loud noises.
- Makes small "throaty" noises.
- Responds to light by blinking or squinting.
- Lifts head briefly while lying on his or her stomach.

Feeding and Nutrition

- Baby should be back to birth weight by 2 weeks of age.
- Baby only needs breast milk or iron-fortified formula at this time unless otherwise directed by baby's pediatrician.
- Your baby's feeding habits will vary from day to day. This is just another way your baby is letting you know he or she is a unique individual.
- Do not use a microwave oven to heat formula or breast milk.
- Do not put your baby to bed with a bottle or prop it in his or her mouth.
- Delay the introduction of solid foods until suggested by your pediatrician.
- Do not give an infant honey until after the 1st birthday in order to prevent infant botulism.

Sleep

- Always put your baby to sleep on his or her back.
- It is not unusual for a baby to have a "fussy" period during the late afternoon or early evening.
- Avoid rocking to sleep or holding your baby until he or she falls asleep. Your baby needs to learn to fall asleep on their own.
- Encourage good sleeping habits by laying him or her down in the crib while he or she is semi-awake.
- Try to ignore the baby if he or she is squirming or whimpering, they may go back to sleep on their own.

General Health and Safety

- Always should use a rear-facing car seat that is properly secured.
- Never leave your baby alone with a young sibling or a pet.
- Never leave your baby alone in the tub or on a high place, such as a changing table, counter top, couch or bed.
- Insist on a smoke-free environment for your baby.
- Set hot water thermostat at less than 120 degrees F.
- Make sure smoke detectors and carbon monoxide detectors are in place and working.
- Avoid sun exposure.

When to Call or See Your Pediatrician

- Rectal temperature of 100.4 or above.
- Not gaining weight.
- Excessive vomiting (especially if it's forceful and goes across the room).
- Uninterested in eating.
- Irritable or lethargic.
- Skin rashes.
- Not urinating at all or urinating less than usual.

Immunizations

- First HBV (Hepatitis B), if it was not done in the hospital.
- Make sure friends and family are vaccinated, especially for Pertussis (Whooping Cough) and Influenza.

Date _____

Your Next Visit: 2 Months

Height _____ Percentile _____

Date _____ Time _____ AM/PM

Weight _____ Percentile _____

Provider _____

Head

Circumference _____ Percentile _____