
YOUR BABY AT 2-4 WEEKS

I. FEEDING

- A. Breast Feeding: You should feed approximately 20-30 minutes on the first side and as long as baby wants (up to 20-25 minutes) on the second side. Always alternate sides when starting each feeding. Average daytime feedings are every 2 ½ - 3 hours. If your baby feeds well during the day and does not awaken at night for feedings, you do not need to awaken him/her.
- B. ADC Vitamin Drops (such as Tri-Vi-Sol, which is found over the counter) are recommended for breast fed infants to support healthy bone development. The dosage is one dropperful per day.
- C. Formula Feeding: An average intake is 25-30 ounces/day, with feedings occurring approximately every 2 ½ - 4 hours. Remember to always have a little extra left over in each bottle so as to not limit your infant's intake. Boiling and sterilization is not necessary unless you have well water.
- D. Pacifiers are acceptable to use if your baby has a need to suck in between feedings.
- E. Babies do not need any solid foods until 4-6 months of age!
- F. Gas pains may be a common problem at this point due to swallowed air (crying). There is no simple cure for this. It may help to feed your infant with shorter intervals between burping. Attempt to correct situations that might upset your baby at feeding times. Most fussiness and colic symptoms will stop by 3 months. If your baby seems unusually fussy, he should be seen in our office to rule out problems such as reflux.

II. DEVELOPMENT

- A. Your new baby has automatic reflexes. You will notice particularly the sucking, hand-to-mouth and startle reflexes. The only language newborns know is crying, but, as they get older, they begin to coo and babble. Babies are sensitive to the feelings of others and if parents are tense, they sense it and can become tense themselves. Relax and enjoy your baby.
- B. Stimulation can be provided by spending time on feeding, holding, rocking, changing baby's position, establishing eye contact, and talking and singing to your baby.
- C. Suggested crib toys for now are noisy clocks or musical toys (radio, music boxes, wind-up devices and tapes).
- D. Always place your baby on her back in the crib. Never let your baby sleep in bed with you: there is a significant risk of suffocation. Likewise, avoid pillows, blankets, stuffed toys and bumper pads.
- E. Your baby will develop a social smile in response to you by 8 weeks of age.
- F. If your child should develop any temperature 100.5 or greater rectally in the first 8 weeks of life, you need to call our office as soon as possible so that we can ensure that there is not a significant infection.

III. LOOKING AHEAD

- A. For safety, keep your baby out of direct sunlight outdoors for prolonged periods as infant's skin burns easily. If you plan to be outside for more than 10-15 minutes, apply a hypoallergenic, PABA-free sunscreen such as Aveeno Baby sunscreen. Remember to wash off the sunscreen when you return indoors.
- B. The doctor or nurse practitioner will see your child again at two months. Your baby will be examined and he/she will begin receiving the scheduled immunizations. Vaccines are safe and effective. If you should have any concerns please feel free to discuss them with us.
- C. All routine caregivers should have a tetanus booster that includes pertussis. Infants are at the greatest risk for developing pertussis (at this age) since they are unvaccinated.
- D. The book by the American Academy of Pediatrics entitled Birth to Five Years is an excellent "owner's manual" for you and your child.

PLEASE NOTE:

To avoid additional charges from our office, you **must call** your insurance carrier to add your newborn to your policy **effective back to the Date of Birth.**