

6/12/2014 2 Week Visit

*Suggested Diet/Feeding Reminders*

Breast Milk

Iron Fortified Formula

(first week, 18-22 ounces/day

one month, 22-26 ounces/day)

Vitamins (if breast fed)

Plain tap water (a few ounces per day) is okay, but not necessary

Remember that spitting up is common in most babies, and is not a medical problem as long as the baby continues to grow well

Don't prop bottles or allow bottles in bed! Remember to try not to lay your baby flat while feeding.

Bowel movements should be yellow, soft and pasty. With breast feedings, stools are usually looser than with bottle feedings and have seed-like particles; they may occur after each feeding or have frequencies as often as every few days.

*Sleep Issues*

Encourage wakefulness during the day.

The duration of sleep is not related to the amount or kind of feeding, most babies sleep through the night when they weigh between 13-15 pounds.

*Safety Issues*

Put the rails up on the crib.

Crib slats should be no further apart than 2 3/8 inches

While infants are at rest, the ideal resting position is for the baby to lay on his/her back. If an infant has problems with "reflux" or is very spitty, consult your physician regarding the correct positioning of the baby.

Put the infant car seat on the floor when it is in use outside of the car.

Buy soft, washable toys, without sharp edges or removable parts.

Soft toys that make music, like bright-colored mobiles, are ideal!

Use an approved infant car seat.

Don't smoke around your baby.

Never leave baby unattended around water.

Set the water heater thermostat to 120 degrees F.

Remember fire alarms/extinguishers for your home.

*Enjoy!* Baby soon should be able to:

Hold head temporarily

Occasionally regard faces briefly

Smile when being talked to or played with (around 2 months)

Keep the baby (when awake) in the room with you to discover his/her surroundings.

Look your baby in the eye during feedings or when talking to him/her.

Let your baby listen to music, and encourage babbling and cooing.

Allow an afternoon or evening out for yourselves by leaving your baby with a trusted, competent sitter.

Remember the needs and behavior of your older children, playing with or reading to them as always. Older siblings often need reminding that they were indeed your first love, and that they will not be forgotten!

*Baby needs to sleep on his/her back.*

