

## Your Two Week Old

Name \_\_\_\_\_

Weight \_\_\_\_\_ Length \_\_\_\_\_ Head Circumference \_\_\_\_\_

### **Feeding**

If breastfeeding, your baby will continue to feed about every 2-3 hours. Formula fed babies may be feeding 2-3 ounces every 3-4 hours. If your baby lasts longer at night, you're lucky. Don't worry about spoiling your baby because you're getting up in the middle of the night to feed him. Babies cannot be spoiled at this age. If you are breastfeeding, we may recommend Poly-Vi-Sol® 1 cc per day (1 dropperful) for vitamin D supplementation.

### **Development**

Your baby may begin trying to hold his head up when on his stomach. He may also begin following your face or a toy with his eyes.

### **Anticipatory Guidance**

Babies frequently develop colic at this age. Colic is a normal stage of development where babies cry more often and for longer periods than previously. This usually lasts until about 3 month of age and then improves. Often, there is nothing you can do to calm your baby during colicky periods, but you should go through your usual routine to try to calm him (offer feeding, change diaper, hold and cuddle, rock gently). Please call us for further suggestions if needed.

### **Fever**

We suggest taking rectal temperatures, as they are most accurate at this age. The so-called "ear thermometers" often indicate a fever in newborns when the temperature is normal, therefore we do not suggest using them in newborns. Please call us immediately if your baby has a rectal temperature above 100.5 degrees and is less than two months old. Do not give Tylenol (acetaminophen) to babies less than two months old, as they are not yet mature enough to metabolize the Tylenol properly.

### **Immunizations**

Your baby will be due for immunizations at the next visit when he is 6-8 weeks old. Please review the handouts on DTaP, Hemophilus influenzae type B (Hib), Hepatitis B, Polio, and Prevnar vaccines before your next visit. Jot down any questions you may have.