



Welcome home little one

YOUR BABY AT 2 WEEKS

TODAY'S DATE _____

WEIGHT _____ lbs _____ oz (_____ percentile)

HEIGHT _____ in (_____ percentile)

HEAD CIRCUMFERENCE _____ cm (_____ percentile)

IMMUNIZATIONS

AAP recommended vaccines for today's visit:

- Hepatitis B

NUTRITION

Babies at this age receive all their nutrition from breast milk or formula.

- If you give your baby formula, choose one that is iron-fortified. Always follow the package directions when making formula.
- If your baby only drinks breast milk or drinks less than 32 ounces of formula each day, he should take 400 international units (IU) of vitamin D daily. You can purchase a vitamin D supplement over the counter. Ask your pediatrician for details.
- You can expect your baby to feed at night.
- Do not heat your baby's bottles in the microwave as this can lead to uneven heating and burns.
- Please do not prop bottles in your baby's mouth.
- Unless instructed by your pediatrician, do not give your baby water at this time.

DEVELOPMENT

All babies develop at their own rate. At this age, you may notice that your baby:

- Shows better head control
- Lifts her head when lying on her tummy
- Grasps your finger
- Stares at faces briefly
- Becomes quiet when others speak
- Calms when swaddled or rocked

FAMILY

Enjoy spending time with your new baby. Cuddle him — babies this age cannot be spoiled. At this age, responding to your baby right away teaches your baby that he will be cared for and loved.

Try to nap or rest when your baby sleeps.

Older brothers and sisters may be jealous of the new baby. Spending time alone with your older children may help.

Postpartum depression can happen at any time during the first year. While postpartum blues are common during the first few weeks, they usually get better. If moms feel sad, anxious or depressed beyond this time, they should seek help and talk with their doctor. You can find more information online at postpartum.net.



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SAFETY

Please keep these safety guidelines in mind:

- Always put your baby to sleep on her back. Babies should sleep on a firm mattress covered with a fitted sheet. Keep pillows, bumpers, blankets and toys away from your baby while she sleeps.
- Always place your baby in a car seat that faces backwards in the back seat.
- Do not let people smoke around your baby.
- Help prevent illness by avoiding crowded places and washing your hands often.
- Do not cook or drink hot liquids while holding your baby.
- Make sure that the smoke and carbon monoxide detectors in your home work properly.
- Never shake your baby.
- If you are worried about violence in your home, please speak with your pediatrician or contact the National Domestic Violence Hotline at 1.800.799.7233 or ndvh.org.

COMMON CONCERNS

After your baby's umbilical cord falls off, you can bathe him.

Do not clip your baby's nails until 4 to 6 weeks of age.

ADDITIONAL RESOURCES

American Academy of Pediatrics: aap.org

Immunization information: immunize.org or cdc.gov

For more information regarding SIDS, please visit: <http://pediatrics.aapublications.org/content/128/5/1030>

WHEN TO CALL US

Call us if your baby:

- Has a rectal temperature of 100.4°F or higher
- Cries a lot more than normal and cannot be comforted
- Has trouble breathing
- Is limp or sluggish
- Is feeding poorly

Please give us a call if you have ANY questions or concerns. No reason is too big or small when it comes to your child's health. Our triage nurses are prepared to answer any and every question you may have at (210) 614.8687.

YOUR NEXT VISIT

Between now and your next visit, you can expect your child to:

- Begin to smile and coo at you
- Start to turn her head towards your voice
- Start to follow an object with her eyes

Your next visit will be: **Age 2 months**