



Pediatric Clinic  
PATIENT EDUCATION HANDOUTS

## Fort Carson Two Week Well Baby Visit

### Development

Between 2 weeks and 2 months your baby will:

- \*recognize your voice
- \*see object close to his/her face
- \*begin to follow objects with eyes
- \*on tummy, holds head up 45 degrees
- \*keeps hands closed most of the time
- \*develops social smile by 2 months
- \*makes throaty noises, begins to repeat vowel sounds

### Activities for You and Your Baby

- \*provide consistent and prompt response to infant
- \*cuddle and hold baby often
- \*play varied music from cds or tapes
- \*sing to baby and talk with baby
- \*bright mobiles--black and white or primary colors are best
- \*provide toys like rattles, soft toys of different textures, black and white or bright colored toys and mobiles
- \*when awake, place baby on tummy for short time periods several times a day and encourage the baby to lift up head

### Safety

- \***never shake the baby (can cause permanent brain damage)**
- \*always use a car seat, rear facing, back seat
- \*adjust the temperature of water heater to less than 120 degrees so it won't scald baby

Today's Date \_\_\_\_\_ Age \_\_\_\_\_

Weight \_\_\_\_\_ # \_\_\_\_\_ oz

Height \_\_\_\_\_ "

Head circumference \_\_\_\_\_ cm

- \*never leave baby unattended on any surface above the floor; even small infants can fall from sofa or center of adult bed
- \*never leave baby unattended with pet or young sibling
- \*if you use baby powder, apply it to your hands and put it on the baby – never shake powder on a baby – it can be breathed into his/her lungs
- \*never leave baby alone in house, yard, car
- \*don't attach pacifiers, medallions to crib or body with cord, no necklaces on baby
- \*don't warm bottle in microwave oven; it may continue to heat after removing
- \*don't smoke in the house or car or around infant
- \*ensure that you have a working smoke detector in your home; check the battery at least once a year
- \*position infant on back for sleep, to decrease risk of Sudden Infant Death Syndrome
- \*no pillows or stuffed animals in crib
- \*no pierced ears until after 2months and only use stud earrings

## **Immunizations/Screening Tests Today**

\*No immunizations

\*Repeat Newborn Screen, go to lab

## **Feeding**

\*breast feed on demand, usually 10-15min per breast every 2-3 hours;

\*bottle feed 2-3 oz formula per feeding every 2-4 hours, will gradually increase to 4-5 oz per feed

\*always hold infant for feeding; do not prop the bottle

\*burp with each feeding

\*always hold baby for feeding. Do not prop bottle.

## **Other**

\*fewer bowel movements are normal around 6 weeks of age. As long as stools are soft and no projectile vomiting, no reason to be alarmed. Stools are usually yellow seedy and watery in breast fed infants.

\*fever is a temperature of 100.4 or higher taken rectally. Your baby should be seen by a doctor if he/she has a fever.

## **Sleep Help**

\*day-night mix up: make day time exciting by stimulating infant; make nighttime feedings boring→keep lights low and provide minimal stimulation

\*choose late bedtime (10 or 11); give feeding just before bedtime and try to keep baby up 2 hours before bedtime. Avoid late day naps.

\*have baby sleep in own crib or bassinet

## **Crying Baby**

\*crying peaks at 4-6 wks of age

\*babies cry to tell us their needs: "I'm bored, tired, hungry, cold, hot, lonely, scared or sick"

\*Ways to soothe baby

--talk to your baby face to face in gentle tone

--pick baby up; the contact, warmth, and heartbeat are soothing

--rock, walk or take baby for a ride

--swaddle baby in a blanket

--change baby's position

--sing to baby or play radio

--give pacifier

--when nothing works, put baby down in crib and allow to cry for only 10 minutes; then pick baby up and try to calm again

\*\*no matter how frustrated your baby's crying becomes, don't ever shake the baby; it can cause brain damage and other serious injuries

**Your baby's next regular well child visit is at 2 months of age.**

**Appointment Line: 526-2273/524-2273**

**Pediatric Clinic front desk 526-7653.**

**Family Practice Clinic 524-4068.**