

Health and Wellness: 2 Weeks

Development

In the next 2 months, your baby should:

- look at faces
- make eye contact
- smile on purpose
- coo and make noises when spoken to
- move his or her arms and legs in play.

Feeding Tips

- Feed your baby breastmilk or formula.
- Never heat breastmilk or formula in the microwave.
- Never prop up a bottle to feed your baby.
- Your baby does not need solid foods at this age.
- Do not give your baby honey before he or she is 1 year old. Giving honey to a child younger than 1 year old could cause botulism (food poisoning).
- The average baby eats every 2 to 4 hours. Your baby may eat more or less often. Your baby does not need to be “average” to be healthy and normal.
- Talk with your health care provider about giving your baby a vitamin D supplement.

Stools

If you breastfeed:

- Your baby’s stools can vary to once every 5 days to once every feeding. Your baby’s stool pattern may change as he or she grows.
- Your baby’s stools will be runny, yellow and “seedy.”

If you formula feed:

- Your baby’s stools will have a variety of colors, consistencies and odors.
- Your baby may appear to strain during a bowel movement. As long as the stools are soft, this is normal.

Sleep

- The safest place for your baby to sleep is in your room in a crib or bassinet. Never use an adult bed, couch, sofa, or chair as a place for your baby to sleep.
 - Put your baby to sleep on his or her back, not on his or her stomach. This reduces the risk of your baby dying of sudden infant death syndrome (SIDS).
 - Use a firm mattress. Do not use bumper pads, soft or fluffy bedding, mats, pillows, or stuffed animals or toys.
 - A sleep sack is the safest way for your baby to sleep “arms in or arms out.” You should stop swaddling your baby when he or she is able to roll over.

(over)

- Make sure the slats in your baby’s crib are no more than 2 ¼ inches apart. Some old cribs are unsafe because a baby’s head can become stuck between the slats.
- Bed-sharing is not recommended. Do not let anyone sleep with your baby.
- The American Academy of Pediatrics recommends sharing a bedroom for at least the first 6 months, or preferably until your baby turns 1.
- Your baby needs 16 or more hours of sleep each day.
- Your baby may sleep between 3 and 3 ½ hours in a row at night. This will vary. By the time your baby is 2 months old, he or she may sleep 6 to 7 hours each night.
- Talk to or play with your baby after daytime feedings. Your baby will learn that daytime is for playing and staying awake while nighttime is for sleeping.

Safety

- **Never shake or hit your baby.**
 - If you are losing control, take a few deep breaths, put your baby in a safe place and go into another room for a few minutes. If possible, have someone else watch your baby so you can take a break. Call a friend, your local Crisis Nursery or United Way at 651-291-0211 or dial 211.
- Use an approved car seat for the height and weight of your baby every time he or she rides in a vehicle. The car seat must be properly secured in the back seat.
 - The car seat should be rear-facing (facing the rear window) until your baby is at least 2 years old. Ideally, your baby should continue to be rear-facing until he or she passes the height and weight limits for his or her convertible (toddler) car seat.
 - Car seat straps should fit snugly against your baby. Layer blankets or car seat covers over your baby for warmth. Snowsuits are not necessary.
- Do not talk or text on your cellphone while driving.
- Keep your baby out of the sun. If you are outside, dress your baby in a hat, long-sleeved shirt and pants.
- Never leave your baby alone, even for a few seconds, unless he or she is in a crib or bassinet. Your baby may not be able to roll over yet, but assume he or she can.
- Never leave your baby alone in a car or with young siblings or pets.
- Keep your baby away from fires, hot water, stoves, wood burners and other hot objects.
- Turn your water heater to its lowest setting (lower than 120 F).
- Do not let anyone smoke or vape in your house or car at any time. Smoke exposure can increase the number of respiratory or ear infections your baby gets. Chronic (long-lasting) smoke exposure damages developing lungs.
- Use properly working smoke detectors in your house, including your baby’s room.
- Test your smoke detectors when daylight savings time begins and ends.
- Have a carbon monoxide detector near the furnace area.
- Keep one hand on your baby at all times during diaper changes and while giving him or her a bath.
- Put a washcloth on the bottom of the bathtub to keep your baby from slipping or use a baby bathtub.
- Never place a string or necklace around your baby’s neck due to the risk of strangulation. This also applies to attaching a pacifier to a string or cord.

Tummy Time

- Tummy time is an activity that keeps your baby from lying flat in one position.
- Tummy time can help prevent flat spots on the head and strengthen your baby's head and neck muscles. It can also strengthen the muscles your baby needs to roll, sit and crawl.
- The American Academy of Pediatrics recommends tummy time 2 to 3 times each day for short periods of time for newborns. This can be as little as 3 to 5 minutes. You should increase the amount of time as your baby gets older. The goal is to get up to 60 minutes of tummy time each day by 3 months old.
- Place your baby on his or her stomach when he or she is awake and someone is watching.
- Do not put your baby on a small pillow or other prop when he or she is sleeping. Your baby should be placed on his or her back to sleep.

When to Call Your Health Care Provider

Call your health care provider if your baby:

- eats less than usual or has a weak suck at the nipple
- has a temperature higher than 100.4 F.
 - If your baby is younger than 1 month old, take him or her to the nearest Emergency Department.
 - If your baby is 1 to 2 months old, call your health care provider right away.

What Your Baby Needs

- Give your baby lots of eye contact and talk, sing, and read to your baby often. This time should be free of television, texting and other distractions.
- Hold, cradle, and touch your baby a lot. Skin-to-skin contact is important. You cannot spoil your baby by holding or cuddling him or her.

What You Can Expect As a Parent

- You will likely be tired and busy. Rest and sleep when your baby sleeps. You and your partner need time together and time to relax.
- You should think about child care if you and your partner are returning to work.
- You may feel overwhelmed, scared or exhausted. Ask family or friends for help. If you "feel blue" for more than 2 weeks, call your health care provider. You may have depression.
- Being a parent is the biggest job you will ever have. Support and information are important. Reach out for help when you feel the need.

Dental Care

- Clean your baby's mouth with a clean cloth and water.

Community and Health Information Resources

- **Healthy Children**
 - healthychildren.org
- **Poison Control**
 - 1-800-222-1222 or poison.org
- **Circle of Moms**
 - wellness.allinahealth.org/events/41553

Minnesota

- **MinnesotaHelp.info**[®]
 - mnhelp.info
- **United Way**
 - 211unitedway.org
 - dial 211 or 651-291-0211
- **Women, Infants & Children (WIC) Program**
 - health.state.mn.us/wic
- **Early Childhood Family Education**
 - education.mn.gov/MDE/fam/elsprog/ECFE

- **Parent Aware**
 - parentaware.org

- **Help Me Grow**
 - helpmegrowmn.org

Wisconsin

- **211 Wisconsin**
 - 211wisconsin.communityos.org
 - dial 211 or 1-877-947-2211
- **Women, Infants & Children (WIC) Program**
 - dhs.wisconsin.gov/wic
- **Early Childhood Family Education**
 - dpi.wi.gov/early-childhood
- **Child Aware of America (Wisconsin)**
 - childcareaware.org/state/wisconsin
- **Birth to 3 Program**
 - dhs.wisconsin.gov/birthto3

Your Baby's Next Well Checkup

- Your baby's next well checkup will be at 2 months.
- Your baby will need these vaccinations:
 - DTaP (diphtheria, tetanus and acellular pertussis)
 - HepB (hepatitis B)
 - IPV (inactivated poliovirus vaccine)
 - PCV13 (pneumococcal conjugate vaccine, 13-valent)
 - Hib (haemophilus influenza type b conjugate vaccine)
 - RV1 (rotavirus vaccine, oral).

Information about the Vaccines For Children (VFC) program is available if your child is eligible for the program. VFC is a federally funded program that offers vaccines at no cost.

Talk with your health care provider about giving acetaminophen (Tylenol®) after your baby's immunizations.