

# Health and Wellness: 2 Weeks

## Development

At this age, your baby may:

- raise his or her head slightly when lying on his or her stomach
- fix on a face (prefers human) or object and follow movement
- become quiet when he or she hears voices.

## Feeding Tips

- Feed your baby breastmilk or formula with iron.
- Never prop up a bottle to feed your baby.
- Your baby does not need solid foods at this age.
- 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.
- Give your baby 400 IU of a vitamin D supplement every day.

## 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, even if the stools are soft. This can be normal.

## Sleep

- The safest place for your baby to sleep is in your room in a crib or bassinet (not in the same bed).
  - The American Academy of Pediatrics recommends sharing a bedroom for at least the first 6 months, or preferably until your baby turns 1.
  - Co-sleeping (sleeping in the same bed with your baby) is not recommended.
  - Don’t let your baby sleep with a sibling.
- Put your baby to sleep on his or her back, not on his or her stomach. This can reduce the risk of your baby dying of sudden infant death syndrome (SIDS).
- Your baby needs about 16 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.

**(over)**

## Safety

- 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 as needed for warmth. Snowsuits are not necessary.
- Be a good role model for your baby. Do not talk or text on your cellphone while driving.
- 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.
- Keep your baby away from fires, hot water, stoves, wood burners and other hot objects.
- Do not let anyone smoke in your house or car at any time. Smoke exposure can increase the number of respiratory or ear infections your baby gets.
- Use properly working smoke detectors in your house, including the nursery. Test your smoke detectors when daylight savings time begins and ends.
- Have a carbon monoxide detector near the furnace area.
- Never leave your baby alone, even for a few seconds. Your baby may not be able to roll over, but assume he or she can.
- Keep one hand on your baby at all times during diaper changes and while giving your baby a bath.
- Never leave your baby alone in a car or with young siblings or pets.

- Never place a string or necklace around your baby's neck. This also applies to attaching a pacifier to a string or cord.
- Use a firm mattress. Do not use soft or fluffy bedding, mats, pillows, stuffed animals or toys.
- Put a washcloth on the bottom of the bathtub to keep your baby from slipping.
- **Never shake or hit your baby.** If you are losing control, take a few deep breaths, put your child in a safe place and go into another room for a few minutes. If possible, have someone else watch your child so you can take a break. Call a friend, your local crisis nursery or First Call for Help at 651-291-0211 or dial 211.
- Keep your baby out of the sun. If you are outside, dress your baby in a hat, long-sleeved shirt and pants. Do not use sunscreen on your baby until he or she is 6 months old.

## When To Call Your Health Care Provider

Call your health care provider if your baby:

- has a rectal temperature higher than 100.4 F
- eats less than usual or has a weak suck at the nipple
- vomits (throws up) or has diarrhea
- acts irritable or sluggish.

## What Your Baby Needs

- Give your baby lots of eye contact and talk to your baby often.
- 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.
- Set aside a few quiet minutes every day for sharing books together. This time should be free of television, texting and other distractions.

## What You Can Expect

- 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.
- If you and your partner are returning to work, you should think about child care.
- 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

- Make regular dental appointments for cleanings and checkups starting at age 3 or earlier if there are questions or concerns. (Starting at the age of 6 months, your baby may need fluoride supplements if you have well water.)
- Clean your baby’s mouth with a clean cloth or a soft toothbrush and water.

## Your Baby’s Next Well Checkup

Your baby’s next well checkup will be at 2 months.

Your baby may need shots for:

- DTaP (diphtheria, tetanus and acellular pertussis)
- HepB (hepatitis B)
- IPV (inactivated poliovirus vaccine)
- PCV13 (pneumococcal conjugate vaccine, 13-valent)
- Hib (haemophilus influenzae type B)
- RV1 (rotavirus vaccine, oral).

Talk with your health care provider for information about giving acetaminophen (Tylenol®) before and after your baby’s immunizations.