



2-WEEK VISIT

NUTRITION



In the daytime, most breastfed babies eat every 2 to 3 hours and most bottle-fed babies eat every 3 to 4 hours. If you are breastfeeding, be sure to eat regular, balanced meals with 500 extra calories for a total of at least 2,000 calories per day. Also, continue to take your prenatal vitamins and be sure to get plenty of fluids and 1500 mg of calcium daily. We recommend 400 IU daily supplemental vitamin D for babies who are completely or partially breastfed. Once your baby is gaining weight steadily and feedings are going well, the baby can sleep as long as desired at night. Stools are a good indication of how feedings are going. A breastfed baby will have anywhere from multiple stools every feeding to one large, soft stool every 2 to 3 days. Bottle-fed babies usually have a soft stool once to several times a day.

SAFE TO SLEEP

Most newborns sleep 16 to 18 hours in a 24-hour period. Some infants will sleep 5 to 6 hours at night. During the day stimulate your baby by talking, rocking, and having the room light. At night, stay quiet and keep the room dark. This helps baby develop appropriate day and night cycles.

Sudden infant death syndrome (SIDS) is the sudden and unexplained death of an infant under one year of age. **One of the most important things you can do to decrease the chance of SIDS is to put your baby on his or her back to sleep until 1 year of age.** Other recommendations to prevent SIDS include:

- Use a firm sleep surface (safety-approved mattress/crib).
- **Bed-sharing is NOT recommended and can be dangerous to your baby.**
- Breastfeeding is associated with reduced risk of SIDS.
- Keep soft objects (pillows, stuffed animals etc.) and loose bedding out of infant's crib/bassinet to prevent suffocation/strangulation.
- Offer pacifier at nap and bedtime (do not force infant to take or reinsert once it falls out of mouth).
- Avoid smoke exposure to baby and caregiver alcohol/illicit drug use.
- Avoid overheating your baby while sleeping. Infant should be dressed appropriately, with no greater than 1 layer more than adult would be comfortable in. A warm sleeper (if needed) is preferable to loose blankets. Do not use a hat on a sleeping baby.



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DEVELOPMENT

It's nice to know that the things that come naturally for most people are just what baby needs for stimulation. Look into your baby's face at close range. Smile, talk, and listen to your baby. Use movement, sounds, touch, and things to look at. Talk, read and sing to your baby. Hold, rock, and walk with your baby. There is no such thing as too much holding at this point. Mobiles, mirrors, music, and massage are other good stimuli. Start tummy time with baby on a flat, firm surface two or three times a day for practice in gaining head and upper body control. Your baby may not like tummy time, but that dislike may help motivate him or her to roll over. **Be sure tummy time is supervised so that baby will not roll away or off furniture.** Take advantage of those times when baby is more awake and interested in interacting with you.

SAFETY

A car seat is essential but can only protect your baby if it is installed correctly. Two great resources to ensure proper installation are your local fire station and www.safercar.gov/parents/CarSeats/Car-Seat-Safety.htm. Infant car seats should be rear-facing in the backseat of the car until the child has reached at least two years of age.

- Babies can roll over very easily – never leave a baby alone on a bed, sofa, or changing table.
- Feel free to get out and about to get fresh air and exercise but try to keep your baby away from crowded places and any potentially sick people until at least 2 months of age.
- Washing your hands often or using hand sanitizer is a great way to help keep your baby healthy. Ask others to do the same.
- Infants up through 3 months of age should not stay at altitudes above 8000 ft. While infants three months and under may do a pass-over only, it is not recommended that they stay overnight.
- Think about taking a CPR class.
- Make sure you have a working smoke detector and CO2 monitor in your home near your baby's room.
- Keep hot liquids away from your baby.
- Lower the setting on your hot water heater to 120° F.
- Maintain a smoke-free environment for your baby.

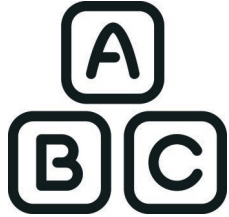
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FEVER/ILLNESS

A thermometer is important to have to take your baby's temperature if you think he or she may be ill – do you have one? Do you know how to use it? If your child is less than 2 months of age and has a fever of greater than 100° F, please call our office. Also, please call if your baby is irritable, droopy, or feeding poorly. Fever may require lab tests and even hospitalization at this age. **Do not give babies under 3 months old Tylenol (acetaminophen) or any other medicine without first talking to one of our providers or nurses.** Please call our Nurse Line at 303-699-6200, option 2, if you have any questions about your baby's health.

PARENTING/BABY BLUES

The first few weeks after having a baby are often very challenging. Parents often suffer from inadequate sleep and can feel overwhelmed, anxious or depressed. It is important to get your normal amount of sleep, even if it's in bits and pieces throughout the day. Sleep when baby sleeps. Take the phone off the hook and put a sign on the



Next Well Care Visit: 2 Months of Age (Please complete ASQ Developmental Screening prior to visit)

You may request the 2-Month Ages & Stages Developmental Questionnaire when scheduling your appointment

APA Website: www.advancedpediatricassociates.com

APA Patient Care Line: 303-699-6200

door – “Mother and Baby Sleeping!” Make sure you eat well with proper nutrition. Don't try to be a super- mom or dad – let family and friends help you. Take some time for yourself and the things you enjoy. Exercise and time outdoors is especially helpful. Open and caring communication is important. Roles for mom and dad are not necessarily clear cut and may contribute to conflict. Take time when you are both rested to discuss your feelings and decide who will do what.

NEWBORN SCREEN

Your baby's second newborn screen will be done today. This tests your baby for several metabolic conditions (e.g., hypothyroidism) that if present, will need to be treated.

HELPFUL INFORMATION

Our “New Arrival” booklet and the “Newborn/Baby Care” page of our website provide additional information about caring for your baby.