



# 2 week visit



**For breastfeeding help,** a lactation consultant and support groups are available. Please call your pediatrician to schedule a visit.

**Breastmilk** is least likely to trigger allergic reactions, is easy to digest, and strengthens your baby's immune system.

**Do not put cereal in the bottle.** There is no relationship between cereal and sleep; cereal will not help your baby sleep through the night.



## Eating Well

**Breastfeeding** is recommended for your baby's first year. Breastmilk is the best food for your baby.

The only food or drink your baby needs at this age is breastmilk or iron fortified infant formula. No baby foods, solid foods, or other liquids should be given.

**Trust your baby to know how much food they need.** Babies take different amounts of breastmilk or formula at each feeding. It is normal for babies not to finish their bottle at each feeding. Spitting up a little at feedings is also normal.

**Infants should be fed on demand.** This generally means 8-12 feedings a day (every 1.5-3 hours) during the first few weeks of life. Babies often have 5-8 wet diapers and 3-4 stools each day.

### Use cues to guide feeding times and amounts.

**HUNGER CUES INCLUDE:** rooting, sucking on fists, moving head quickly from side to side, opening and closing their mouths, crying or fussing.

**SIGNS THAT YOUR BABY IS FULL INCLUDE:** releasing the nipple, turning attention to other things, sealing lips together or falling asleep.

Always hold your baby while feeding. This makes your baby feel loved and secure. Never put your baby to bed with a bottle or prop the bottle due to risk of choking, tooth decay and ear infections.

**Warm bottles** by holding under hot running water or placing in a bowl of hot water for no longer than 15 minutes, avoid using the microwave since it warms unevenly and may burn your baby's mouth.

**Not all crying and sucking means your baby is hungry.** Sometimes babies have fussy times. Comfort your baby by rocking, swaddling, side swaying, shushing, swinging, cuddling, massaging, using a pacifier or playing music.

By 2 weeks the baby should be back to their birth weight.

**Use 400 IU Vitamin D** for infants who are exclusively breastfed or getting less than 33 oz of formula a day. DViSol or TriViSol can be found without a prescription.

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**Tummy time is important for brain development.**  
One to two minutes several times a day is a good starting point.



**Do not sleep in the same bed as your baby.** Separate sleep areas are needed to keep baby safe.

**Think about sleep ABC's:**  
Baby sleeps  
A - Alone  
B - on their Back  
C - in the Crib

## Be Active

**Limit time in swings, playpens and infant seats** to allow baby to move as much as possible.

**Introduce tummy time gradually** over the first few days of life when you and your baby are awake.

Tummy time is important for building muscles in the back, neck, shoulders, hips and stomach.

Keep tummy time fun by using your voice and get down on the floor to visually stimulate your baby.



**Do not put a TV in your baby's bedroom.** Screen time is not recommended under age 2.

## Sleep

**Babies sleep most of the time,** 10.5 to 18 hours per day. Wake times vary from one to three hour periods.

**Put baby on their back for sleep,** even for naps.

Sleeping area should be clear of blankets and other soft items like bumpers, stuffed animals, toys and pillows.

To prevent a flat head, alternate which end of the crib you place baby's head.

**Use of a pacifier at nap time and at night** may decrease the incidence of SIDS. The pacifier should not have cords or clips attached.

**Do not smoke around baby** to help prevent ear infections, pneumonia, bronchitis, asthma attacks, slowed lung development and SIDS.



**Place baby in the crib when drowsy,** not asleep to encourage self soothing.