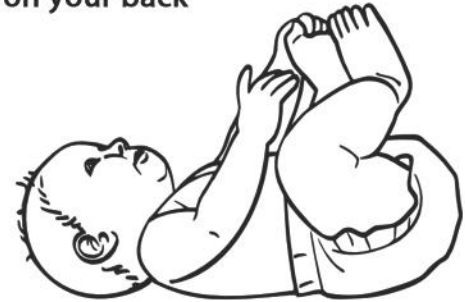


Your 2 Week Old



The First 2 Weeks is Hard Work!

- Take time to enjoy being a parent and notice the amazing things about your new baby
- You will start to understand her different cries for hunger, sleep and changing
- Talk to him– tell him about his family, his birth
- Notice her alert times and when she wants to play
- Practice Tummy Time – this helps with neck control. Try lying on your back with your baby on your chest looking at you



Normal Development

What to look for in the next 6 weeks!

Movement:

Movements gradually become smooth and more controlled

Lifts chin for a few seconds when lying on tummy

Cannot support head without assistance

Hearing and Vision:

May follow some moving objects or persons with eyes

Turns in direction of some sounds

Interactive Behaviors:

Cries when left alone; stops when picked up

Makes gurgling, cooing sounds

Responds positively to being held and comforted.

Feeding:

- Breastfeeding every 2-3 hours OR Formula about 2-3 oz every 2-3 hours
- If breastfeeding - Vitamin D 400IU once daily

The Highlights!

- **Place your baby on their back to sleep**
- **Nothing in the crib** – no blankets, stuffed animals, pillows.
- Breathable bumpers for crib – do not use regular soft bumpers.
- **DO NOT** sleep with your baby in your bed. This greatly increases the risk of injury to your baby and SIDS (sudden infant death syndrome).
- Swaddling for sleep: Babies like to be swaddled until 8-12 weeks of age but **once they start to roll over or close to it stop swaddling with arms in**
- Call for fever >100.4 (rectally)
- Call if increasing jaundice (yellow color of the skin), lethargy or poor feeding
- We strongly encourage the flu and pertussis vaccine for close contacts including parents, siblings and caregivers.

Some Helpful and Trusted Websites:

- Healthychildren.org (American Academy of Pediatrics)
- Genesispediatrics.com for our Genesis Advice Packet (GAP)
- vec.chop.edu/service/vaccine-education-center/home.html (Children's Hospital of Philadelphia for vaccine information)

Next Visit
See you in 2 weeks
for the 1 month visit!

Safety:**Car seat:**

Make sure that your child is in the correct car seat (see car seat handout). Car seats must be rear facing in the back seat until 2 years of age.

Is the car seat installed correctly? To have this checked call your local fire department.

Rolling: Make sure you are always holding onto your baby – don't leave them on a high surface alone!

Burns: Never carry your baby and hot liquids or food at the same time.

Consider taking an infant CPR class

Sleeping: Put your baby on their back to sleep. Never put your baby on a water bed, bean bag, pillow or anything soft enough to cover their face.

Siblings: Always watch siblings closely when they are with your new baby. Teach and show them how to be gentle.

Bath time safety:

Remember – Don't put your baby in the bathtub while the water is running. Check the water with your hand. Move it back and forth in the water to look for hot spots. Then put your baby in the tub. Always stay with your baby while they are in the water. It only takes seconds for babies to drown or burn themselves. Reduce the hot water temperature in your home to 120F.

**For Parents:*****Don't smoke!***

- Smoking around your baby, smoking in the car that they ride in or holding your baby with the smell of smoke on your clothes is not healthy for your baby.
- This exposes them to toxins and can lead to **breathing problems, increase the risk of SIDS (sudden infant death syndrome) and ear infections.**

New York States Smoker's Quitline

Free and Confidential

Tobacco-Free Coaching

Free Nicotine Replacement Options

1-866-NY-QUITS (1-866-697-8487)

or www.nysmokefree.com

My baby's head looks flat!

You may notice:

- Baby prefers to look to the same side or head is tilted (ear towards shoulder) most of the time.
- This causes the back or the side of the head to have a flattened spot.

Prevention:

- Make sure baby's head is positioned straight when seated.
- **Alternate sides that the head is facing when eating or sleeping.**
- Provide tummy time each day when your baby is awake.
- The best success with treatment is quick action.

When to call:

- If the flattened spot or looking to only one side lasts longer than a few days.

Frequently Asked Questions...

1. How much crying is ok?

Crying is your infant's way of telling you many things: I need to be changed, fed, burped or held!

Crying also helps babies soothe themselves. Babies can't be "spoiled" at this age, so if holding her works, go ahead!

Starting at 2 weeks old babies have a fussy time in the evening that can last a few hours.

Done everything and it's still not working?

She may need less stimulation.

Try swaddling, turning the lights low, and putting her down somewhere quiet. She may cry for a while still but this may settle her faster than in your arms.



2. Why is my baby's eye watering?

Cause: Tears are not able to empty through the tear duct in the corner of your baby's eye because the tear duct is blocked. This may cause a small amount of eye discharge that doesn't go away. The blockage usually opens by itself within 9-12 months of age.

Treatment: Apply gentle pressure with your clean finger near the inner corner of your baby's eye next to the nose. Do this 5 times per session and about 3 sessions per day.

When to call:

- If white of the eye is red or swollen
- Lots of thick discharge/pus

3. How do I take care of my baby's skin?

Use a gentle or fragrance free soap and water to wash 1-2 times per week.

Sunscreen: Keep young infants out of the sun in a shady place. After baby is 6 months old you can use 30 SPF sunscreen or greater. Using sunscreen until age 18 prevents lifetime skin cancer by as much as 78%.

4. Peeling Skin?

At about 2 weeks old babies shed a layer of skin all over. Baby lotion is not needed at this time.

5. Baby Rashes?

Baby Acne: Red or white pimples on the face and chest come from Mom's hormones effecting baby. Wash skin with gentle cleanser and water. Avoid lotion.

When to call:

- If skin appears to be red and itchy

Cradle cap: Greasy crusts on scalp, sometimes on face and ears. Treat with baby oil to soften the crusts and then comb with a soft baby brush. Make sure to wash the oil off afterwards.

Diaper rash: The best cure is prevention! Keep the diaper area as dry as possible by changing diapers often at night and during the day. You can use any zinc oxide or petroleum based diaper ointment to protect the skin.

When to call:

- If red bumpy rash for more than 3 days as it could be a yeast rash.