

Well Child Visit: 2 Weeks

General Pediatrics Department, Naval Medical Center Portsmouth

After Hours Pediatric Advice Line 628-8805 Poison Control 1-800-222-1222

Appointments or Referrals 1-866-MIL-HLTH How do I call my doctor? 953-7716

Date: _____

Your Child saw Dr. _____ today

Weight: _____ kg (_____%)

_____ pounds

Length: _____ cm (_____%)

_____ inches

Head Circ: _____ cm (_____%)

Feeding:

1. The simple diet of breast milk or iron-fortified formula is all your baby needs for the first 4 months of age. Babies do not need extra water or solid foods. They are very sensitive to water and can get water overloaded very easily.
2. Feed your baby on demand. Most babies will take only what they need, you can let them feed until they indicate they are finished, usually by falling asleep or stopping their sucking. If your baby is wetting 6-8 diapers a day and gaining weight appropriately, your baby is feeding adequately.
3. Babies should not be laid flat on their backs while feeding and bottles should always be held by a caregiver and not propped up.
4. Never heat formula or breast milk in a microwave because the milk may heat unevenly and burn your baby.
5. Almost all babies **spit up or have reflux**. As long as your baby is gaining weight, there is no need to change what you are feeding your baby. Babies typically grow out of reflux by 12 months of age.

Breastfeeding:

1. Breast milk can pass along some factors that help to fight infections.
2. Many medications can pass through breast milk, so be sure to ask your doctor for safe choices.
3. Breastfed babies digest their milk faster than formula fed babies, thus usually feed more frequently, 8-12 times/day.
4. Freshly expressed breast milk is good for up to 5-7 days refrigerated and 3-4 months in a refrigerator freezer. Avoid heating very warm water or boiling breast milk as this can harm the proteins in the milk. Breast milk that has been thawed may be refrigerated for up to 24 hours. It should not be re-frozen.
5. Infants with a diet of mostly breast milk require a daily liquid vitamin, Polyvisol, for adequate Vitamin D intake.

Formula Feeding:

1. Be careful to follow directions exactly when preparing formula. Never dilute formula more than instructed. Prepared formula is good for up to 24 hours refrigerator. Formulas should be fortified with iron.
2. Do not save formula from a used bottle because bacteria from your baby's mouth may have mixed during feeding.
3. Bottle fed babies take about 6-8 feedings a day. At one week of life, average formula intake for a baby is 18-22oz/day; at one month of life, average formula intake for a baby is 22-26oz/day.

Common Newborn Concerns:

- **Sleeping:** Babies should not sleep through the night for several weeks, as an infant needs to eat every 3-4 hours. However, you can help your infant to sleep well at night by establishing a consistent nighttime routine now. Give the infant a bath, cuddle or feed, read a book and put the baby to sleep. Place your baby in the crib when drowsy, before he/she is completely asleep. Keep nighttime feeds quiet and put your baby promptly back to bed after the feed.
 - **Sleep-wake cycle:** Your infant's sleep –wake cycle may be confusing and tiring. Try to nap when your baby naps.
- **Development:** Over the next few weeks you can expect your infant to lift and turn his or her head to the side when lying on his or her tummy; to watch close objects and follow them with their eyes for a short time; to smile in response to being talked to or played with
 - **Tummy Time:** Provide tummy time for your baby every day: A few minutes multiple times per day is best. This helps your baby develop the muscles in his/her chest and neck.
 - **Play everyday:** Your baby can see only a short distance. Look your baby in the eyes during feeding or when talking to him/her. Hold, cuddle, sing, talk and read to your baby. Listen to music with your infant. Attend to all of his or her needs. Your baby cannot be spoiled at this age.
- **Stooling:** Normal babies strain, grunt, or turn red in the face with bowel movements. Normal stool frequency can be quite variable from stooling with every feed, to only once per week. Normal stool consistency can be loose and seedy to soft and pasty. Normal stool color can vary from yellow to green to brown.

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- Constipation refers to hard, pellet-like stools, or stool so hard it causes bleeding. Iron fortified formula does not cause constipation.
- **Crying:** may increase over the first 6-8 weeks of life. Sometimes, there is no identifiable cause for the crying. Normal babies cry up to three hours per day, usually in the afternoon or evening. Try wrapping your baby snugly in a blanket, rocking your baby rhythmically, placing your baby next to white noise from a TV or radio, or taking your baby for a walk or car ride.
- **Normal infant noises:** Normal babies hiccup, sneeze, startle, and have an occasional throw up of a single feed.
- **Sucking:** Babies soothe themselves by sucking. Your baby's thumb, finger, or pacifier can help to satisfy this need. Never tie a pacifier to the face or neck.
- **Bathing:** Babies usually only need a bath every 2-3 days, and little or no soap is needed to keep them clean. Always check the bathwater with your hand before placing the baby in the water. Your water heater should not heat water above 120°F (49°C). Keep a hand on your baby at all times when he or she is in the water.
- **Smoking:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, SIDS (Sudden Infant Death Syndrome), and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car and on hair/skin). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting. If you can't quit, shower prior to holding your infant, to remove the second-hand smoke from skin and hair.
- **Take time for yourself:** Arrange time with friends without your baby. Leave your baby with a trusted, competent sitter. Allow yourself to vent about natural frustrations.

Safety:

1. **Crying:** Crying is common at this age. **IT IS NEVER OKAY TO SHAKE, HIT, OR PUNCH YOUR BABY.** Shaking can badly damage your baby's brain. If you are frustrated with your baby when the baby is crying, please put your baby in a safe place, like the crib or playpen, and give yourself a "time-out." Call a friend, a family member, or the pediatric clinic for help.
2. **Falls and injuries:** Never leave your baby unattended on the changing table, bed, couch, or other high place, even for a second. Always keep crib rails up when your baby is in the crib. Keep the crib away from windows and curtain cords.
3. **Choking:** Be aware of the good, yet potentially unsafe, intentions of older children who may give your baby inappropriate toys or food. Infants at this age enjoy colorful mobiles hung above the crib and rattles. Avoid hanging toys or pacifiers with elastic, string, or ribbon because they can strangle your baby.
4. **Car accidents:** Your baby should always ride in a properly-installed car seat, even on short trips. The car seat should face the rear until your baby is **20 pounds and 1 year old**. The safest place for an infant car seat is in the center of the back seat. Never place the car seat in the front seat. Never leave your child alone in the car, not even for "just a second."
5. **Sudden infant death:** To prevent sudden infant death, always put your infant to sleep on his/her back. Keep your infant's sleep area clear of soft mattresses, fluffy bedding, pillows and soft toys. Do not smoke, and if you do, quit today.

Illness concerns:

- **Use of the emergency room(ER):** Your infant should be brought to the ER if he/she does not look well, is unusually sleepy or inconsolable, is vomiting persistently or excessively, vomits anything green or bloody, is working hard to breathe, is dehydrated or has less than one wet diaper every 6-8 hours, for fever greater than 100.4, or for other parental concerns. Tylenol should not be given to infants less than 2 months old, unless directed by a doctor.

Immunizations:

- Your infant will not receive any vaccinations today.

Next Visit

Bring your baby in at 2 months of age for an exam and vaccinations. Always bring your child's immunization card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.