

Welcome to the Pediatric and Adolescent Center

Your Baby Is Two Weeks Old

This is the first of a series of information sheets which we will give you at each well child checkup. We hope these sheets will be helpful and add to the information given at the examination.

What should your baby be eating?

Breast Fed Babies: Breast milk is a complete diet for your baby at this age. Your baby will probably nurse 10 to 12 times a day (1½ to 3 hours between feedings) for the first month. 3 to 8 wet diapers and frequent yellow-green seedy stools are a good sign that your baby is getting enough breast milk.

Formula Fed Babies: Your baby should have 2 to 4 ounces of formula with iron at least every 3 hours at each feeding through the day and night.

General Information: Solid foods or water should not be started for a few months. Solid foods do not help your baby to sleep better and can even harm your baby's health. Do not prop the bottle for feeding. Your baby does not need water because they get it from breast milk and formula.

Vitamins: If your baby only has breast milk talk to your provider about vitamins.

What will your baby be doing?

- Sees your face and will respond to voices.
- Turns head from side to side.
- Follows light or bright objects well by 6 to 8 weeks.
- Smiles by 8 weeks.
- Pushes tongue out.

What are some issues or concerns you may have?

Crying:

- If your baby is crying, check to see if he or she is hungry, needs burping or diaper change. Some babies are fussy, cry a lot, and no cause is ever found. Time and patience are the only cure. If you are concerned about your baby's cry, please call to speak with a doctor or nurse.

Pacifier:

- Some babies need to suck more in the first few weeks, so you may want to try a pacifier. Never put the pacifier on a string around the baby's neck.

What Are Some Concerns You May Have?

Sleep:

- Babies should sleep on their backs to decrease the risk of Sudden Infant Death Syndrome (SIDS).

Bowel Movements:

- Your baby may stool many times a day or once every few days. Babies may grunt or strain when passing stools. This is normal. If the stools are very hard this is called constipation. Please call to speak to a doctor or nurse if you are concerned about your baby's bowel movements.

Spitting Up:

- This is almost always normal if in small amounts and will decrease as the baby gets older.

Diaper Rashes:

- These are caused by stool and urine. Sensitivity to some diapers can cause a rash. To help clear up a rash, keep the diaper area open to the air and clean and dry. Call the nurse or doctor if a rash does not clear up in a few days.

Fever:

- You will need to have a digital rectal thermometer. If your baby has a temperature of 101° F (38.3° C.) or higher, call 464-4357.

Sneezing:

- Babies sneeze often as a way to clear their nose. This is normal.

Traveling:

- When traveling, always have the baby secured in a car seat. It is the law. If your baby is less than 20 pounds and under one year they should be in a rear facing car seat.

Safety:

- Smoke Alarms are a must.
- Never use a microwave to heat or warm bottles.
- Hot water should be no more than 120° F. Your landlord must take care of this.
- Never ever shake your baby. This can lead to serious injury or death.
- Keep pets away from infant.
- Do not drink hot liquids or smoke while holding your baby.
- Keep baby out of direct sun, use a hat, and light cotton clothes. Sunscreen should not be used until your baby is 6 months old.

Secondary Smoke:

- Can cause an increase in ear infections and breathing problems.
- Avoid smoking in your house or near your baby.

Call the office or answering service at 315-464-4357

If your baby:

- Gets a temperature of 101° F or higher.
- Refuses to drink.
- Cries and cannot be comforted.
- Acts very sleepy.
- Gets a rash or hives or large swelling at shot site.

If you need to:

- Schedule or cancel an appointment.
- Talk to a nurse from 8:00 A.M. to 5:00 P.M.
- After clinic hours to talk to a doctor.

Date: _____ **Height:** _____ **Weight:** _____

Speak up if you have any questions or concerns.



Healthy Kids



Pediatric and Adolescent Center
SUNY Upstate Medical University