



## Your 2-Week-Follow Up

### Feeding

- Breastfeed your baby on demand, every 2–4 hours, or 8–12 feedings per day. Feed until your baby seems content. Continue prenatal vitamins while breast-feeding.
- Babies who are primarily breastfed should have supplemental Vitamin D, 400 IU daily. This is available over the counter. Brands such as Baby D or Carlson's Vitamin D offer 400 IU in one drop.
- If you are using formula, it should be iron fortified. Feed your baby 2–3 ounces every 3–4 hours. Occasionally, your baby may need a bottle sooner. As your baby grows, formula intake will increase.
- Review the formula preparation instructions carefully. Do not heat formula or expressed breast milk in the microwave.
- Babies do not need supplemental water.
- Do not give honey or corn syrup in the first year of life.
- If you need further assistance with breastfeeding, we recommend consulting a lactation specialist.

### Elimination

- Your baby should have 6–8 wet diapers each day.
- Normal stool patterns vary. Generally, babies have yellow, green or brown stools which can be runny, seedy or pasty. Frequency varies from every other day to many times per day.

### Development

- Allow supervised "tummy time" every day while awake. Tummy time encourages motor development and helps prevent a flat head shape. As your baby gets older, he/she will enjoy this play time on his/her tummy.
- Your baby will begin to focus on your face, respond to sound (by startling or quieting) and lift his/her head.
- Fussiness can begin around 2–3 weeks of age. If your baby seems abnormally fussy, discuss with your provider.

### Sleep

- Always place your baby to sleep on his/her back. A firm, flat mattress in a crib or bassinet is best. The crib or bassinet should not contain bumpers, positioners, or other soft items.
- Nights and days may be mixed up for some time. To help establish sleep patterns, keep things dark, quiet and boring at night. Expect your baby to wake at least every 3–4 hours to eat.
- The next few weeks will be exciting and tiring — try to sleep when your baby sleeps, and accept help from friends and family. Call your doctor if you are experiencing "the baby blues."

### Safety

- Always use an infant car seat, rear-facing, in the back seat.
- Never leave your baby unattended on a bed, sofa, changing table, or in the bathtub.
- Never leave your baby in a car seat or bouncer on an elevated surface.
- Watch your older children and pets carefully around your baby.
- Avoid crowds with your newborn, limit visitors and encourage hand washing.
- Install and maintain smoke and carbon monoxide detectors.
- To prevent burns, set your hot water heater no higher than 120° F, and never drink hot liquids while holding your baby.
- Avoid direct sun exposure by using clothing, blankets or an umbrella.
- Shaking or spanking your baby may cause serious injury or death.
- Keep your baby's environment tobacco-free.
- To sign up for an infant CPR class, visit [redcross.org/courses](https://www.redcross.org/courses).

## Fever/Illness

- Fever is a symptom that we take very seriously in the first three months of life. If your baby has a fever — **rectal temperature over 100.4°F** — please call our office immediately. If the office is closed, the answering service will contact the doctor on call.
- A rectal thermometer is the most accurate way to check a baby's temperature. Take a temperature if your baby feels hot or has other signs of illness (unusual fussiness, vomiting beyond typical spit-up, diarrhea or failure to eat several feedings in a row).
- Your baby may sound congested. If your baby is eating well and does not have a fever, this is not a problem.
- Hiccups are normal. They usually decrease by 4 weeks of age.

## Disease prevention

- Adults who have regular close contact with your infant should receive the Tdap vaccine (for tetanus, diphtheria and pertussis). This helps prevent pertussis (whooping cough) in babies.
- We follow the vaccine schedule recommended by the American Academy of Pediatrics. If you have questions or concerns about vaccines, please visit [vaccine.chop.edu/parents](http://vaccine.chop.edu/parents).

## Reaching us

If you have concerns, please do not hesitate to call the office to speak to a nurse. Nurses return calls throughout the day. You may also leave a non-emergent message for your doctor or nurse practitioner, who will return your call by the end of the day. For emergencies, a doctor is on call when the office is closed.

## Resources

- A good website to bookmark for future reference is [healthychildren.org](http://healthychildren.org).
- We suggest having the Illinois Poison Control Center phone number handy: [800.222.1222](tel:800.222.1222).

## Today

- Growth will be assessed by measuring your baby's length, weight and head circumference, and plotting these numbers on a growth chart. At two weeks, most babies have regained their initial weight loss, and are back to birth weight. Your provider will monitor growth and discuss with you.
- Usually, no vaccines are needed.

## At the 4-week check-up

- Your baby will have a physical examination.
- Your baby will receive the second Hepatitis B vaccine.
- You will receive information about vaccines and postpartum depression.