

INFANT CARE: 2 weeks

Drs. Padgett, Bell, Thomas

PEDIATRIC ASSOCIATES

2300 FerrySt, Lafayette

Development

What a wonderful process you are about to enjoy - the journey of a very dependent baby to a very independent child. Your infant already is learning who you are and prefers your presence. He enjoys looking at faces primarily but will also look at bright or black-and-white images/objects. She can clearly see 12 inches from her face. If you are patient and move slowly, she will follow you with her eyes. He will try to lift and turn his head when he is on his stomach. You will start to recognize that her cries are different. By one month, he will make noises other than crying. Sometimes sounds will startle her and other times she will turn to them.

Safety

Your baby should always ride rear facing in a properly secured **car seat**.

Do not leave your infant unattended in a bouncy seat or swing.

If you smoke or drink hot drinks while holding your infant, you could accidentally burn him.

A necklace or a pacifier on a string around your infant's neck is a choking hazard.

Never trust a pet alone with your baby. Pets can be startled by unintentional infant movements and respond protectively by biting.

We encourage you to take your baby out for fresh air and sunshine. Please be sure to keep her out of the direct sunlight so his delicate skin will not get burned. If the air is too fresh and cold, dress him appropriately for the weather. Make sure that her head is covered as she can lose a lot of heat from the head.

Be sure your **smoke detectors** work and you have a plan for escape in case of fire.

Please **DO NOT smoke** around your infant as this will increase his risk of ear infections, colds, asthma and SIDS.

Feeding

Breast feeding or formula is your child's source of nutrition and fluid. Most infants feed every 2 to 4 hours. Solids are not recommended at this time.

Be aware: Overfeeding can contribute to fussiness, gas and excessive spitting up.

Infants gain from 1/2 ounce to 1 1/2 ounces a day or a pound every fortnight.

Vitamin D supplements are recommended for breastfed babies.

Spitting up

Spitting up is common in newborns. If your child is gaining weight well, it is not likely to be significant. Occasionally a formula intolerance contributes to vomiting.

If your baby has repeated forceful vomiting, please contact us.

Bowels

Stools can be yellow to brown and loose to pasty to firm. Breastfed infants usually have looser, more frequent but less smelly stools than bottle fed infants. However, it can be normal for either to pass stools several days apart also. Babies will frequently make a face and grunt while having a bowel movement. This is normal. This does not mean he is constipated. Constipation refers to hard stools.

Sleep

Your baby may have more awake times now. You can help your baby develop a schedule. Start by being consistent with feedings and naps. Encourage **daytime** play and feedings, but confine night feedings to feeding only in a dimly lit, quiet room. This may help your baby to learn day from night. It is advised that infants be placed on their back for sleeping.

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Crying

Crying episodes, often in the evening, will increase over the next few weeks. When your baby starts crying, be quick to respond to her needs. Try feeding him if it is time for feeding, changing her diaper, rocking, holding and soothing her. Sometimes car rides or the sound of the vacuum cleaner will soothe him. If your baby is over-stimulated, she may respond to being put in a very quiet, dark room and left alone. If he is still crying 10 to 15 minutes later, pick him up and try other consoling measures. Often it is helpful to have assistance during these times as the crying can be very frustrating and difficult to deal with if it is prolonged. It also may be wise to modify your routine if you find that there are predictable hours that you will spend comforting your baby.

CALL if your baby is not able to be consoled, if you are afraid you might hurt your infant, if your baby cries all day.

Play

Play is very important! Your baby will get her most pleasure from doing things with someone. You will both enjoy holding, rocking, singing and talking to each other. In a couple weeks, your baby will try to talk back to you!

Tummy time is a very necessary part of baby's awake time. Some experts encourage placing the baby on his tummy whenever he is awake! This helps her develop her neck muscles and helps pull her head into shape.

Bathing

Babies do not need to have daily baths; two to three times a week is sufficient. Use a mild soap. Do not worry if he cries through the bath - he will like it when he gets older. Wash her head and massage and brush the scalp to avoid cradle cap. You cannot damage the soft spot by doing this. Use a mild soap or a cleanser.

Fever

See the handout. Have people wash their hands before touching your baby.

If your baby has a fever, call us right away.