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### **Baby Business (A publication of Concord Children's Clinic) – 2 Week Edition**

2 week edition: This week's baby business will discuss what parents should expect when the baby is around 2 weeks old.

#### **Nutrition**

All that your baby needs to eat at this age is breast milk or formula.

Breast fed babies: Breast milk is the perfect food for your baby.

- Your baby will typically nurse every 2-3 hours
- Nurse your baby on both sides each time you feed your baby. In time, you may feed on one side at each feeding.

Formula fed babies: Babies need iron, so use a high iron formula. If you have any questions about which formula is right for your baby, please ask your health care provider.

- Your baby will typically eat 1-4 ounces every 2-4 hours.
- Babies do not need water at this age.
- Do not heat the bottle in the microwave.

#### **Sleep**

We recommend that your baby sleeps on his/her **BACK**. Do not let your baby sleep on soft surfaces, such as a waterbed, fluffy blanket, or anything that is soft enough to cover the face and block air to the nose and to the mouth. Avoid over bundling as well. This has been shown to lower the risk of Sudden Infant Death Syndrome (SIDS or crib death).

- Your baby will eventually sleep through the night, probably between the ages of 2 and 6 months.
- Try to put your baby down when he/she is drowsy but still awake, by doing this, your baby gradually learns to put himself/herself back to sleep after middle of the night awakenings.
- Rocking your baby is very enjoyable but try to put him/her down before he/she is sound asleep.
- Daytime naps should be limited to 3-4 hours, a baby who sleeps all day may not want to sleep at night.

#### **Crying**

Your baby can be expected to cry frequently during the first 6-8 weeks.

- Your baby may cry because he/she is hungry or wet.
- Sometimes there is no identifiable reason for your baby's crying.
- Holding, cuddling, strolling, rocking or car riding will often soothe both the baby and parents.
- Please call our office if crying is associated with fever, poor feeding, recurrent vomiting, lack of energy or possible illnesses.

#### **Fever**

Be sure you know how to take your baby's temperature correctly. If you have any questions on the proper way to do this, please ask your provider.

- Rectal temperatures are the most accurate and should be used for this age baby.

- A rectal temperature of 100.4 degrees F or greater is considered fever.
- Fever may be the only sign of a serious illness in a baby less than 3 months old.
- Please call our office **IMMEDIATELY** if your baby has a temperature greater than **100.4** degrees F

### **Car Safety**

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes

- Make sure that your baby's car seat is installed correctly.
- For this age, car seat should be REAR facing and placed in the **BACK** seat until your baby is 24 months old.
- Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

### **Hot Water Safety**

Be sure to check the hot water temperature in your home. The correct water temperature should be set at less than **120 degrees F**.

- If you need to change the water temperature in your home, please ask the nurse for instructions on how to do this.
- If your baby gets burned, **IMMEDIATELY** put cold water on the burned area and call your doctor.

### **Cigarette Smoke Exposure**

**DO NOT** let anyone smoke in your house or car.

- Cigarette smoke exposure increases your baby's risk of contracting colds, ear infections, asthma and SIDS (crib death).
- We know that quitting smoking is very difficult, but your new baby is your best incentive to do so.

### **Home Smoke Alarms**

Be sure to have a correctly working smoke alarm in your home.

- Test the batteries in your smoke alarm **MONTHLY**.
- Set a date each year to **REPLACE** the batteries in your smoke alarm, on your baby's birthday or at daylight savings time.

### **CPR**

Please take a CPR course at your local Red Cross, YMCA or college.

### **Helpful Hints**

Try to avoid crowds of people. IT is all right to take your baby out briefly at this age but do not let anyone that is sick hold your baby. Everyone loves to hold a new baby, but do not feel guilty for saying 'No'.

- Remember to wash your hands frequently and to ask visitors to wash their hands before holding your baby.
- **NEVER** leave your baby unattended.

### **Next Checkup: 1 MONTH**

Your baby's next checkup is at 1 month of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9 and 12 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on check ups and immunizations is one of the best things you can do for your baby's health.