

2 Week Check-Up -Formula

MAKING A PLACE IN THE FAMILY

Name _____

Weight ____ lbs. ____ oz.

Age _____

Length _____

Date _____

Head Size _____

Excited or anxious, relaxed or uptight, natural or incompetent are a few of the many feelings you may have as you first come home with your new baby.

All these are normal reactions. Remember that skilled parenting is learned on the job. Even if you have other children each infant is unique and care of your baby will need to be individualized.

As your baby is making a place in the family it will be important to rest and make some time for yourself, also.

There will be times that you may feel tired, overwhelmed, and tearful. This is known as the "baby blues" and lasts for only a short time. If this feeling is intense or lasts longer than the first few weeks, contact your health professional.

FORMULA FEEDING TIPS

Babies often spit-up. Overfeeding is a common cause. Feed your infant until he no longer seems hungry. The amount will change with each meal. Never force him to empty the bottle. You may need to burp your baby more often.

One out of every 10 infants is intolerant of cow's milk formula. If your baby becomes extremely gassy, irritable or colicky at about 2 weeks of age, notify your doctor.

Never prop your baby's bottle in bed! This can lead to ear infections and tooth decay.

Delay solids until 4 to 6 months of age.

ELIMINATION

Your baby's stools will become more formed and less frequent. It is normal for a baby to grunt, strain and turn red while having a stool. If stools are hard and pebbly, your baby is constipated. See the "Diapers and Bowel Movement" section of *Growing Up Healthy*.

DEVELOPMENT

You may have noticed that your baby has more times of alertness. These quiet, alert moments are a wonderful time to talk, sing and enjoy your baby. Your baby will love your smiling face.

Some babies may become fussier at 2 to 3 weeks. Review the "Fussy Baby" section in *Growing Up Healthy*.

SAFETY/ACCIDENT PREVENTION

- Always use an approved infant car seat facing backwards in the back seat.
- Water: If you have well water, have it checked for bacteria and nitrates before you use it for your infant. Contaminated water can be very dangerous for infants.
- Make sure that water heaters are set at no more than 120 degrees Fahrenheit.
- Never leave a baby unattended or alone with a young child or pet.
- Make certain that smoke alarms and carbon monoxide detectors are installed and in working order. You should also have a fire extinguisher.
- Never shake your baby.
- Do not allow anyone to smoke near your baby or even in the home. Smoke can cause damage to your baby's lungs and has been associated with SIDS. (See "Sudden Infant Death" precautions in *Growing Up Healthy*).

Next health care visit is when your baby is _____ months old.

At that visit immunizations will start. Use of acetaminophen may decrease the reaction to the shots. We will weigh your baby so that you will know the correct dose to give.

COMMENTS
