

# 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.

### **NURSING TIPS**

Your baby's feeding pattern will still be irregular at this time. Your baby will go through growth spurts at around 2 to 4-6 weeks and you may need to nurse more often, especially in the evening. This frequent feeding will increase your milk supply.

Remember to try to empty one breast fully before switching to the second, as the last part of the milk in each breast is the most nutritious. Also by emptying at least one breast it is the signal to your body to produce more milk.

Your baby may nurse 1 to 3 times a night for several weeks. Mom will need to continue to rest during the day.

Once your milk supply is well established you may choose to use an occasional bottle of either pumped breast milk or formula. Using supplements too often may diminish breast milk production.

An infant multivitamin that contains vitamin D is usually recommended for exclusively breast-fed babies.

### **ELIMINATION**

The stools of nursing babies vary from loose, seedy and frequent the first few weeks to pasty and less frequent thereafter. Some nursing babies may go seven or more days between stools without distress. It is normal for a baby to grunt, strain, and even turn red while having a stool.

**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**

---

---

---

---

---