

# Great Destinations Pediatrics



AGE: 2 WEEKS

Date: \_\_\_\_\_

## GROWTH:

Weight:	lbs	oz	(	%)
Height:	inches	(	%)	
Head Circumference:	inches	(	%)	

## FEEDINGS:

At two weeks of age, your baby should be fed only breast milk, formula or a combination of both. If you choose to formula-feed, we recommend a milk-based formula, such as Similac Advanced, Enfamil Premium, or Carnation Good Start. We don't use other types of formula (i.e., Soy, AR, Restfull) because the science does not support their claims. Babies generally do well on 2-3 ounces every 3-4 hours, but no more than 3 ounces every 4 hours until 2 months. Your baby does not need water, juice, solid foods, or rice cereal at this time because of an increased risk of allergies later in life.

## DEVELOPMENT:

Babies at this age sleep, poop, and cry. Their only means of communication are crying and calming down when you soothe them. Over the next month, your baby will start "tracking," (following your face with their eyes), become more alert and attentive to your voice and hold their head up off your shoulder. Common reflexes for a newborn include: the "startle reflex," or the jump and flailing of your baby's arms when they hear a loud noise; the "rooting reflex," when you stroke your baby's cheek they may turn in that direction and open their mouth; and the "grasp reflex," which is when your baby's fingers close around yours.

## PLAY AND LEARN:

Babies at this age love the colors black, white, and red. They love to be talked to, sang to, and even read to! Newborns need close contact and love to be swaddled and held. Remember, you can't spoil a newborn by holding them too much.

## SKIN CARE:

Your baby's skin will be dry and peeling due to being in fluid for so long. Hold off on lotions so you don't introduce allergies (besides, they won't help). After 2 weeks, if you want to use a moisturizer, that is fine. We recommend Eucerin, or Cetaphil, or any adult hypo-allergenic cream. The "baby lotions may smell good, but are not as effective."

If your baby's bottom becomes red, you may use a diaper rash cream. Destin works well as long as you don't use the "Creamy" version. Please do not use any powder.

## SAFETY:

1. **Car seat-** Every time your car is moving, your baby should be strapped into an infant car seat, facing the rear of the car and in the back seat. Never hold your baby in your lap when the car is moving.
2. **Rolling-** Some newborns can roll over, so never leave you baby unattended on the changing table, couch, or bed.
3. **SIDS (crib death)-** Always place your baby on his or her back or side on a firm crib or bassinet mattress to prevent crib death. Never place pillows, thick comforters, or stuffed animals in the crib with your baby.
4. **Fever-** If your baby feels warm or acts ill, take his or her temperature rectally. If it is 100.5 or higher, call our office immediately. Never give medication without consulting with us first.
5. **Smoking-** Never smoke around your newborn or children. Smoking has been associated with crib death, asthma, and more frequent lung infections.
6. **Burns-** Never hold your baby and hot liquids at the same time, and do not cook with hot stove or a cook top while holding your baby.
7. **Sun-** Keep your baby out of direct sunlight and in the shade.

## WHAT NEXT?

Your baby's next appointment is at 2 months of age for a well check and their first set of immunizations. Please remember to bring your immunization record in with you for this appointment.