



TWO TO FOUR WEEKS OLD

WELL CHILD CHECK

FEEDING YOUR BABY

- BREASTFEED EVERY 1-3 HOURS OR GIVE IRON FORTIFIED FORMULA EVERY 2-3 HOURS.
 - IF USING FORMULA, GIVE 1-2 OZ PER FEED
- GIVE VITAMIN D TO BREASTFED BABIES.
 - 400 IU PER DAY FOR BABY OR
 - 6400 IU PER DAY FOR MOM
- NO SOLID FOOD UNTIL 4-6 MONTHS
- NO WATER UNTIL EATING SOLID FOODS
- NO COW'S MILK OR HONEY UNTIL 1 YEAR

BABY'S DEVELOPMENT

- SLEEPS ABOUT 16 HOURS PER DAY
- CAN STAY AWAKE FOR FEEDS
- CRIES TO EXPRESS HIMSELF
 - CRYING MAY INCREASE AT NIGHT AND BE DIFFICULT TO SOOTHE
 - IF YOU ARE FRUSTRATED, PLACE BABY IN HER CRIB ON HER BACK AND TAKE A BREAK.
- CALMS TO YOUR VOICE
- SUPPORT BABY'S HEAD BECAUSE IT IS STILL WOBBLY.

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!

BABY'S ACTIVITIES

- CUDDLE, SING, PLAY, AND READ TO BABY
- SPEND ALONE TIME WITH OTHER SIBLINGS.
- TUMMY TIME WHEN AWAKE AND SUPERVISED

NEXT VISIT: AGE 2 MONTHS

FOR MORE INFORMATION, PLEASE VISIT

WWW.HEALTHYCHILDREN.ORG

KEEP YOUR BABY SAFE

- FEVER IS AN EMERGENCY IN BABIES YOUNGER THAN 2 MONTHS. GO TO THE EMERGENCY DEPARTMENT IF YOUR BABY HAS A FEVER.
 - A FEVER IS A TEMPERATURE GREATER THAN 100.4F OR 38C.
 - USE A RECTAL THERMOMETER TO TAKE TEMPERATURE. ASK US HOW!
- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR BABY'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
- KEEP A HAND ON YOUR BABY WHEN ON A HIGH SURFACE.
- PUT YOUR BABY ON HIS BACK TO SLEEP IN HIS OWN CRIB TO PREVENT SUDDEN INFANT DEATH SYNDROME.
 - KEEP THE CRIB IN THE CAREGIVER'S ROOM UNTIL AGE 6-12 MONTHS.
 - NO COMFORTERS, PILLOWS OR STUFFED ANIMALS IN THE CRIB
- WASH HANDS BEFORE HOLDING BABY
- MAKE SURE YOU HAVE WORKING SMOKE ALARMS AND A FIRE SAFETY PLAN.
- NEVER LEAVE BABY IN WATER ALONE.
 - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- NO SMOKING AROUND BABY – CONSIDER QUITTING AND LET US KNOW IF YOU NEED HELP.
- NEVER SHAKE YOUR BABY.
- PROTECT YOUR BABY FROM THE SUN BY KEEPING HER OUT OF DIRECT SUNLIGHT.
- TALK WITH US IF YOU ARE FEELING SAD, OVERWHELMED, OR HAVE THOUGHTS OF HARMING YOUR BABY.