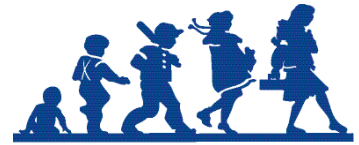


# Your 2 – Week – Old Baby



— Goldsboro —  
Pediatrics P. A.

## Call our office:

- If your infant has a fever over 100.4° rectally
- If your infant is unusually limp or pale
- If your infant is not feeding well or skipping feedings
- If your infant goes over 12 hours without a wet diaper

***DO NOT give your infant Tylenol or any other medication unless ordered to do so by your healthcare provider.***

## Developmental Issues

- Your baby may be able to focus on objects held about 12 inches from his face. Babies focus on black and white contrast objects best.
- Most babies at this age are able to hold their head up for a few seconds & turn it from side to side.
- Your infants hands are clenched in a fist most of the time.
- Stimulate your infant when he is awake by talking, singing, holding and cuddling him.

## Feeding

Breast milk is the best nutrition for your baby. He needs to be fed 8 - 10 times in 24 hours. Stimulate your baby to feed every 2 - 3 hours during the day and at least every 4 hours at night. Allow your infant to spend 15 -20 minutes wakefully nursing on the first breast and always offer the second breast. Your breast-fed infant may have frequent stools the first 3 - 4 weeks then decrease to 3 - 4 stools a day. By 2 – 4 months some breast- fed infants go several days between bowel movements, which may be normal for them. Formula fed infants need 2 – 4 ounces every 3 – 4 hours or as your infant demands. Burp your infant frequently if you are bottle-feeding.

## Sleeping

Some 2-week-old babies sleep 16 – 20 hours a day with maybe one 3 – 4 hour sleep period, hopefully at night. Most 2 week olds will stay awake only a short time without fussing. All infants should be placed on their back to sleep.

## Crying

Always respond to your crying infant during the first 3 – 4 months. Crying is the only way your infant has to communicate. Infants cry for many reasons such as:

- Hunger
- Loneliness
- Tiredness
- Frustration
- Too warm
- Too cold
- Needs to be held
- Gas

**You may comfort your crying baby by:**

- Singing
- Playing music
- White noise (such as far vacuum cleaner, or clothes dryer)
- Wrapping snugly in a blanket
- Body contact, snuggling with gentle motion
- Riding in a car or stroller
- Offering a pacifier (*if breast-feeding is going well*)

**Social Time with your infant**

- Talk and sing to your infant
- Read stories and play music
- Lie with your infant and watch him notice you
- Shake a rattle about 12 inches from his face & watch him follow it, moving it from side to side

## Safety tips for infants birth to 6 months

- Never leave your infant alone on a high surface such as a changing table, bed, or sofa. Even small infants sometimes roll.
- Never eat or drink hot items or smoke while holding your baby. Your baby could easily be burned.
- Babies should sleep on their backs or sides, preferably their back.
- Never leave your baby alone in the tub.
- Adjust your water heater temperature to 120° or below.
- Make sure your smoke detectors are working properly.
- Never leave your infant alone in the house, yard or car.
- Do not place any kind of string or cord around your baby's neck for any reason.
- Your infant should always ride in an approved properly installed car seat.
- Never jiggle, shake, or throw your infant. This could seriously injure your infant.

## Family Matters

- Having a new baby in the family may be difficult for new parents and older siblings.
- It is difficult to know what is best for you and your baby when choosing a daycare.
- Please call our office if we can help with these issues as well as others.



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