

PSBH NORTH

Two Week Exam

Development

- By now, you and your baby should be settling into a more predictable routine. The “Baby Blues” should be passing. Contact your physician if you are continuing to feel overly anxious or depressed.
- Most babies have a fussy period near the end of the day - if your baby seems excessively fussy, contact the office. Try more frequent feedings at this time. Cluster feeding is normal.
- Provide lots of opportunity for tummy time and physical activity that builds strength of abdominal muscles and upper body. Tummy time is very important for gross development.
- Be very attentive to positioning your baby’s head so he/she does not develop flattening. Alternate positions while he/she is sleeping and watch for head tilt or preferential turning to one side.
- Take advantage of the increasing awake periods during the day to really interact with your baby.
- Talk to your baby...they are laying the foundation for language development by listening to the different sounds of your voice and beginning to imitate you. Your baby should be responding to loud noises and your voice.
- Although your baby is not likely sleeping through the night yet, you should begin to see progressively longer (3-4 hour) stretches between nighttime feedings. It is never too early to begin to establish good sleep routines. Nighttime feedings should be strictly “business”. Continue “Back to Sleep” positioning to reduce SIDS risk. Do not keep extra blankets, pillows or stuffed toys in the crib or bassinet. Do not allow your baby to sleep in your bed while you are asleep.
- Pacifiers can now be introduced. They may help reduce the risk of SIDS.

Feeding

- Most babies take 2-4 oz of formula or breast milk every 2-4 hours at this age.
- Nasal stuffiness is common, nasal saline drops can be used – 1 drop of saline in each nostril every 6-8 hours.
- Spitting up may persist and is considered normal as long as your baby is growing properly and does not have a lot of painful crying associated with or immediately following feedings.
- Hiccups are common, but not painful.

Basic Care

- Contact our office immediately if your baby has a temperature of >100 degrees axillary.
- Contact our office if your baby seems excessively irritable, is having difficulty breathing or otherwise seems different than usual. Use nasal saline drops for nasal stuffiness.
- We recommend frequent diaper changes and diaper cream with every change. Calmoseptine or Desitin/Zinc Oxide to avoid rashes.

Safety

- Continue to avoid crowded places/social functions with your baby and limit exposure to ill people.
- Do not leave unattended on bed or anywhere else baby could fall. Do not leave your baby unattended in the car.
- Baby should be in a rear facing car seat until 2 years old.
- Avoid scald burns; keep hot water heater set at 120 degrees or less.

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- Watch baby closely near pets...increased time on the floor and heightened interest in each other's toys increases the risk of injury.
- Avoid direct sunlight and insect bites. Sunscreen is safe and recommended for babies. Netting is preferred for preventing insect bites. DEET insect repellent is safe if you are in an area with many bugs. Wash off DEET at night.

Immunizations

Please review the vaccine information provided at the visit and contact our office with any concerns.
Next visit is at 4-6 weeks of age.