

CMA 2 Week & 1 Month Well Baby Visits

Development

Between 2 weeks and 2 months your baby begins to

- Recognize your voice
- See objects 8- 12 inches in front of him
- Follow objects with his eyes
- Socially smile by 2 months
- Make throaty noises and may repeat vowel sounds

Feeding/Nutrition

- Breast-fed infants often feed 8-10 times a day; 10-15 min per side every 2-3 hours
- Formula-fed infants may soon take 3-5 oz per feeding (22-28 oz a day) every 3-4 hours
- Always hold baby for feeding. Do not prop bottle or put baby to bed with bottle.
- Breast milk, or iron fortified formula is all baby needs in diet
- If planning to return to work: try feeding one bottle daily to help with the transition
- Do not add juices, cereals, solids, or honey to formula
- Vitamin D supplement of 400 IU/day is advised if breastfed or if taking less than 32 oz formula daily.

Elimination:

- Fewer bowel movements are normal around 6 weeks of age. As long as stools are soft, no need to be alarmed by fewer stools. Your baby may strain with having bowel movements because he or she does not yet know how to relax.
- Consistency of bowel movements depends on food source
- Expect 6-8 wet diapers or more a day but it is often mixed with bowel movements

Sleep Help

- To prevent day/night mix-up, try to make day exciting; stimulate infant
- Try to not let sleep more than 3-4 hours stretches during the day
- Give feeding just before bed
- Baby sleeps about 16-22 hours a day

Hygiene:

- Use mild soaps (Dove, Aveeno, Baby washes)
- Bathing 2-3 times a week is ok
- Only use q tips in outer areas of ears; not inside ear canals.
- **Maintain good hand-washing practices**

Safety

- Always use car seat rear facing
- Adjust water temp to less than 120 degrees to avoid burns
- Never leave baby unattended on any surface above the floor
- Don't shake the baby (can cause permanent brain damage)
- Avoid smoke in baby's environment; has been linked to asthma, ear infections and SIDS
- Have baby sleep on their back to prevent SIDS
- Nothing in crib such as comforters, pillows, stuffed animals etc. until 1 years old
- Avoid too much sun exposure
- Install/Check smoke detectors in the home

Crying

- Excessive crying peaks often at 4-6 weeks of age
- Babies may cry to tell us their needs- "I'm hungry, bored, tired, lonely, cold, hot, scared, or sick"
- Ways to soothe baby:
 - talk to baby face to face
 - pick up baby--contact, warmth, sound of your heart beat are soothing
 - rock, walk, or take baby for a ride
 - swaddle baby in a blanket
 - change baby's position
 - sing to or let baby listen to music
- You CANNOT spoil your baby at this age. Pick the baby up if she/he is crying too long.

Babies Enjoy:

- Consistent and prompt response to behavior
- Being held and cuddled often
- Voices
- Music
- Bright patterns, or black and white geometric patterns
- Mobiles

Call the Office if:

- Temperature greater than 100.3 rectally
- Does not look good
- Persistently refuses to eat
- Spits up or vomits persistently/excessively
- Baby is unusually irritable or sleepy
- Baby is not having a combination of 4 or more wet and soiled diapers a day

***Next well visits are at 1 month and 2 months old**

*See CMA links page for more helpful health information: www.cmanva.com