

Well Child Care at Birth to 2 Months Old

Diet

- Your baby needs only breast milk or non-fortified formula for nutrition. Do not start on foods without checking with your doctor.
- During the first two weeks, most babies feed 10 to 30 minutes on each breast or take 1-3 ounces of formula each feeding. Feedings are generally every 2-3 hours; follow your baby's cues. Please remember that every baby is different.
- If your baby is exclusively breast fed, you should start an over-the-counter multivitamin, such as Poly-vi-sol with iron.
- Avoid honey in the first year because honey can contain harmful bacteria.

Behavior & Development at 2 weeks

- Your baby is learning to use his/her eyes and ears. Smiling faces and gentle voices are interesting to your child at this age.

Behavior & Development at 2 months

- Your baby may begin to hold his/her head up. However, head bobbing is still normal.
- Your baby may have colic, periods of fussiness. This usually peaks after 6 weeks and resolves by 4 months. Comfort him/her with swaddling, white noise, swing/car rides, and by avoiding over stimulation.
- Your child may begin to coo. Your baby may begin to smile responsively and turn his/her head to your voice.
- Babies will cry to communicate their pain, fear, discomfort or loneliness. At this age you can't spoil a baby and should respond to his/her cries.

Hygiene

- Until your baby's umbilical cord falls off, only give sponge baths. After the cord has fallen off, you may give tub baths, but be sure to never leave the baby unattended.
- Do not put Q-tips in the infant's ear canal. The outer ear may be cleaned with a Q-tip or washcloth.

Sleep

- Most babies sleep 16 hours a day or more. They have multiple naps during the day and may sleep for longer at night.
- Remember to place your baby on his/her back to sleep to decrease the risk of SIDS (sudden infant death syndrome). Do not place pillows, blankets, or stuffed animals in bed with your baby.
- The American Academy of Pediatrics recommends the use of a pacifier to decrease the risk of SIDS.

- Never prop a bottle or give a bottle to your infant while he/she is in bed.

Safety

- Every time you take your child in the car he/she must be properly restrained in an infant car seat. You should use a rear facing car seat in the back seat of your car until your baby is older than 1 year and greater than 20 pounds. For more information, go to <http://www.aap.org/family/carseatguide.htm> or <http://www.nhtsa.gov/> (search "car seat").
- Avoid holding your baby while cooking, smoking, or drinking hot liquids to avoid burns.
- Reduce the temperature of your water heater to less than 120°F to avoid burns.
- Your infant may soon roll over, so do not leave him/her unattended in high places. Always put up crib and playpen side rails.
- Your baby will explore with his/her mouth. Be sure to keep small objects such as coins or safety pins out of reach. Use unbreakable toys without sharp edges or small parts that can come loose. Keep cords and ropes away from the crib and baby.
- To find the nearest infant CPR class timings and locations call the Arlington chapter of the American Red Cross (703-527-3010, ext 736) or Virginia Hospital Center (705-558-2468). You may also sign up online at their web sites.
- Always be sure to have a functioning smoke detector.
- In case of a poisoning emergency, call 1-800-222-1222.
- Your baby does not need shoes until he/she learns to walk. If you choose to dress him/her in shoes, make sure the soles are completely flexible (i.e., you can bend them without much strength).

Immunizations

- Your baby will receive his/her first immunizations at his/her 1 or 2 month visit.
- Your baby may develop a redness and pain for up to 48 hours at the injections site. He/she may also develop a fever.
- You may give acetaminophen (Tylenol); ask your doctor for the dose.
- Please call if your infant has any unusual symptoms, such as allergic reactions, high fever, weakness, crying for 3 hours or if you have any concerns.

Illness

- When checking for fever, be sure to use a rectal thermometer. If your baby's rectal temperature is ≥ 100.4 , call the doctor immediately. Do not give any medications without first consulting a healthcare professional.
- If your baby has cold symptoms, you may try nasal saline drops and bulb suctioning. Do not use any other over-the-counter medicines at this age.

Next Visit: Your baby's next routine visit will be at 4 months. There are scheduled vaccines at this visit.