



## Village Pediatrics, LLC

### Anticipatory Guidance for 2 Week old

#### **Diet:**

*Breastfeeding:* Feeding should be taking approximately 15 minutes per breast every 2-3 hours, as your baby demands. Time between feedings may go longer at night provided your baby is gaining weight well. Solely breast-fed infants need vitamins such as Tri or Poly-Vi-Sol, 1 dropper daily. *Formula* fed babies should be on Iron-fortified formula, 3-4 oz every 3-4 hours. Remember that not all sucking or crying means the baby is hungry.

**BM's:** Stools may vary greatly in frequency, consistency and color. They are usually loose and several throughout the day, however it is not unusual for a baby to skip a day or two from having a BM. No intervention is necessary unless they are uncomfortable. It is normal for babies, at this age, to strain (and grunt a little) while having a BM. They actually need to learn how to relax their rectal sphincter to allow the BM to be released. This is especially true if the BM is a little formed. This may take some time.

At this stage, *sneezing*, *hiccups* and *mild spitting up* continue to be normal. Right around this time babies may be started to exhibit signs of *colic*. If you believe this is the case, we can discuss the different causes and methods of relief.

**Skin Care:** Your baby's *umbilical cord* may fall off at about this time, though sometimes it can take up to 4-5 weeks. Until it falls off, continue to clean it with alcohol at each diaper change. Remember as it starts to detach there may be some oozing and bleeding. Once the cord falls off, you may bathe your baby in a tub. Bathe once every 1-2 days. Baby's skin is sensitive so use a mild soap such as Dove. Cetaphil and Johnson & Johnson's baby wash are also good cleansing agents. Cetaphil is particularly good for the treatment of cradle cap. If your baby was *circumcised*, the area should be completely healed now. If he was not circumcised, there is no need to retract the foreskin. Do not force the foreskin back to clean it. The use of barrier ointments is helpful for the prevention of *diaper rash*. You may use A&D, balmex, desitin, Bourdeaux's butt paste.

#### **Illness and Injury prevention:**

**Sleep:** Continue to place your baby to sleep on his/her back or side, never face down in a bassinet or crib. "Tummy time" at least once a day while baby is awake, is encouraged.

Remember **SIDS (sudden infant death syndrome)** has been linked with exposure to cigarette smoke, being in too warm of an environment, sleeping on your stomach. Please avoid these three things.

Exposure to cigarette smoke is also associated with increased colds, respiratory illness and ear infections. **Please do not smoke!**

You may start taking your baby out for stroller walks, but continue to avoid crowded places. Avoid exposure to anyone who may be ill. Avoid extreme temperatures and direct sunlight.

**Fever/illness:** Fever (rectal temp greater than or equal to 100.5) in a baby may be a sign of a serious illness. If your baby feels warm or is not acting right take his/her temperature. If the temp is elevated call us immediately. Fever is not the only sign that your child might be ill. If your baby is not feeding well, has a funny cry, is irritable and inconsolable despite a normal temperature he or she will need to be evaluated.

Use an infant car seat that is properly secured at all times.

Ensure that the baby's crib is safe. The slats should be no more than 2 3/8" apart and the mattress should be firm and fit snugly into the crib. Keep the sides of the crib raised. Do not put the baby to sleep on a soft surface such as a waterbed, couch or pillow.

Set hot water heater thermostat at less than 120 F.

Never leave the baby alone or with a young sibling or a pet.

Do not leave the baby alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Always keep one hand on the baby.

Do not drink hot liquids while holding the baby.

### **Parental Health**

Try and rest and take time for yourself.

Realize that there may be times when you feel tired, overwhelmed, inadequate or depressed.

Accept support from your partner, family members and friends.

Spend individual time with your partner and encourage him to participate in the care of your baby.

**Immunization packet: for discussion and review at your next visit.**