



**Southeastern
Pediatric**
ASSOCIATES, P.A.

2 Week Well Visit



At this visit, your doctor will...

- Check baby's weight, length and head circumference
- Do a physical exam with your baby undressed while you are present. This will include an eye exam, listening to your baby's heart and feeling pulses, examining the belly, and checking the hips.
- Discuss baby's development
- Address any concerns/questions you may have
- Baby will get 2nd PKU, heel stick (1st in hospital)

Feeding

- Continue to feed baby when he/she seems hungry, and end when baby seems full
- Burp during natural feeding breaks
- Breastfed babies will usually eat every 1-3 hours; Formula fed every 2-4
- If bottle feeding, do not prop bottle, and do not put baby to bed with a bottle
- Baby is typically feeding well when he/she has 6-8 wet diapers/day
- Do not feed solid foods, juice or water
- Make sure to discuss any feeding concerns with baby's doctor

Sleeping

- Sleep may begin to decrease to 14 to 17 hours per day through the first month
- Breastfed babies may wake more often to eat than bottle fed
- Continue to place baby to sleep on his/her back:
 - In your room in a bassinet or crib not in your bed
 - In crib which meets current safety standards: Bars should be no more than 2 3/8 inches apart. Allow no more than a width of 2 adult fingers between the crib mattress and frame. For full crib safety & standards visit www.cpsc.gov.
 - Use a firm mattress without any bumpers, blankets, quilts, pillows, plush toys, ribbons or ties.

Sleeping *(Continued)*

- Avoid overheating by keeping the room temperature comfortable.
- Consider putting your baby to sleep sucking on a pacifier

Routine Baby Care

- Comfort baby by gently touching baby's head, rocking, patting
- Continue routines for feeding, sleeping, and playing daily
- It's normal for infants to have fussy periods, but for some, crying can be excessive, lasting several hours a day. If a baby develops colic, it usually starts in an otherwise well baby around 3 weeks of age.
- Use a rectal thermometer (see temp guidelines below)
- Rashes are not uncommon in babies, call if you are concerned
- Wash hands often, and ask others who will be touching baby to do the same
- Avoid crowds
- Keep baby out of the sun (sunscreen is not recommended before 6 months old)
- Make a list of phone numbers for emergencies

Poison Help

1-800-222-1222 / poison.org

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures



Development

- Hold your baby and be attentive to his or her needs.
- Interact with your baby! Singing, talking, and reading to your baby builds trust, and helps them learn.
- Give your baby supervised “tummy time” when awake, and be ready to help if he or she gets tired or frustrated in this position

By 1 month of age, baby should:

- focus and follow objects
- Respond to sound (quieting down, blinking, turning the head, startling, or crying)
- Move arms and legs equally
- During “tummy time,” lift head briefly
- Have strong newborn reflexes:
 - rooting and sucking: turns toward, then sucks breast/bottle nipple
 - grasp: tightly grabs hold of a finger placed within the palm
 - fencer’s pose: straightens arm when head is turned to that side and bends opposite arm
 - Startle response: throws out arms and legs and then curls them in when startled

When to Call

Call Doctor or Seek Care Now

- Age under 1 month old and looks or acts abnormal in any way
- Feeding poorly (such as poor suck, does not finish)
- Hard to wake up
- Dehydration suspected. No urine in over 8 hours, dark urine, very dry mouth and no tears.
- Fever: Rectal temperature above 100.4°
- Medication: Do not give medication under 2 months before contacting your baby's doctor

Call Doctor Within 24 Hours

- You are worried your baby is not getting enough breastmilk
- Wet diapers are less than 6 per day
- You think your child needs to be seen, but the problem is not urgent

Safety

Car Safety

- Always use a car safety seat properly. Make sure you have purchased a car seat that is the right size for an infant (under 20 pounds). Read the instructions carefully and make sure that the seat is properly installed rear-facing in the back seat of the car, and never in the front seat with a passenger side airbag. For more information visit: healthychildren.org
- Never leave baby alone in the car
- Always wear a seat belt, and do not drive under the influence of alcohol or drugs

**Child Safety Seat Inspection:
1-866-SEATCHECK (732-2432) or
www.seatcheck.org**

General Safety

- Do not smoke/vape or allow others to smoke/vape around baby
- Do not leave baby unattended
- Never leave a baby alone with siblings or pets, in the bath, on a changing table, or any other raised surface
- Keep small objects such as balloons, bags, toys from other children away from baby
- Make sure your home’s water temperature is set to below 120° F
- Do not carry or drink hot liquids while holding baby
- Test baby’s bath water and formula temperature with your wrist
- If your baby gets burned, place the area in cold water for a few minutes then cover loosely, and call baby’s doctor
- Never shake a baby.
- Never put a necklace, pacifier, or toy around the baby’s neck.

Date:

Weight:

Next Visit: **2 Month Well Visit with Immunizations**

For information on 2 Month Well Visit:
www.southeasternpediatrics.com

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures