

Healthy Kids

2 WEEKS

WHAT YOUR BABY CAN DO

At this age your baby can probably:

Focus on your face...

Follow a face as it moves....

Notice your voice...

Raise his head a little bit while lying on his stomach...

TALKING TO YOUR BABY

It may seem silly to talk to your baby when she is so little and can't understand you. But it is very important to talk to her! Even though she may not be able to understand what you say, hearing you talk helps her learn language.

Talk to her as much as you can. Tell her as much as you can. Tell her what you are doing. "Mommy is changing your diaper". "Here is your bottle". "Look at Aunt Rose". "Are you tired?"

Don't feel silly talking to your baby. The more you talk to her now, the better she will learn as she gets older!

WHAT YOU CAN DO WITH YOUR BABY

Get to know your baby – what makes her happy or sad? What makes her excited or bored?

Look at him – he likes to see your face.

Talk and sing to him.

Hold him and cuddle him a lot.

Put up bright colored things for him to look at.

What do you especially like about your baby? His nose? The way he falls asleep?

Being a parent is enjoyable but hard work. There is so much to learn. Sometimes it helps to talk to other parents or get some advice from outside the family. If you would like to find out more, call this number and ask about parenting programs in your area.

SAFETY

- * Use a crib with slats less than 2 3/8 inches (a handy way of measuring this is to be sure a standard can of pop can't fit through the slats).
- * Handle your baby gently – do not jiggle or shake her too much. Gentle swaying works better than bouncing.
- * Don't hold your baby when you are holding a hot drink or smoking. She might get burned.
- * Don't leave your baby alone on a high place like a changing table, bed, chair or sofa. If you do, she might fall.
- * Call your doctor if your baby falls or hits her head, if she does not move her arms and legs normally or acts unusual after a fall.
- * Don't leave your baby alone with younger brothers or sisters or with a pet. They might hurt the baby even if they don't mean to.
- * Don't put necklaces or string around your baby's neck. She might choke. Also, don't tie cords or strings to her bottle or pacifier.
- * Turn your water heater down to a lower setting (120 degrees F or "low").
- * Make sure you have a smoke detector on each level of the house.
- * Make sure no one smokes in the same room with the baby.
- * Practice good hand washing.
- * Avoid people with colds.

LIFE LINE (585) 275-5151

FEEDING FACTS

All your baby needs now is formula or breast milk. He will not need solid foods until he is 4 to 6 months old. Here are a few feeding tips:

* Your baby knows when to feed and when to stop. If your baby seems full, you don't need to finish each bottle.

* Every time your baby cries it doesn't necessarily mean he is hungry. Sometimes he just wants to suck. Try holding and cuddling him.

* Always hold your baby while feeding him. Never prop a bottle for your baby, he might choke.

* Don't feed your baby solids. He is not ready. Solid foods will not help your baby sleep better. Starting Solids too early may lead to allergies and obesity. Feed him only breast milk or formula for now unless directed by your doctor.

FOR MOM

Lots of times after having a baby a mom will get the blues. You might:

Feel depressed or anxious...

Feel like you can't take care of your baby...

Be afraid that you won't be a good parent...

Feel mad that your baby takes up so much time...

This is normal and will go away. Make sure you take time each day to do something for yourself, or with your husband, family or friends.

GOING TO THE DOCTOR

Having a new baby changes your life in many ways. Maybe this is your first baby. Maybe you already have one or more children. Either way, each baby brings new questions, joys and worries. One person who can answer some of your questions is your baby's doctor or nurse. You may only think of going to your doctor when your baby get sick or hurt. But it is just as important to go to the doctor when he is well, to make sure that he is healthy and growing right. If you skip your appointments your child may miss important shots or may not get the special help he needs to make sure he grows strong and healthy.

Your baby's next checkup will be when he is about one month old.

Remember how important your child's health is. **DON'T SKIP CHECKUPS!!!!**

TAKING YOUR BABY'S TEMPERATURE

Always wash off the thermometer with cold soapy water before using it. Use digital (non-glass) thermometers only.

Rectal

1. Put some Vaseline on the end of the thermometer.
2. Turn baby on tummy on your lap.
3. Spread the buttocks with one hand, and with the other gently slip the thermometer about ½ inch or a little less into the anus.
4. Press buttocks together and hold the thermometer in place for two minutes.
5. After two minutes, remove the thermometer, wipe it off, and read it. Normal rectal temperature should be between 96.4 F and 100.4

Under the Arm

This way is less accurate. Use it when your baby has diarrhea or won't lie still.

Remove baby's shirt and be sure armpit is dry.

Put the bulb of the thermometer well into the armpit and hold baby's arm down snugly, pressing baby's elbow against his side.

Hold baby still with the thermometer in place for two to three minutes.

Take out thermometer and read it. Normal underarm temperature is about 97.6 F.

WHEN SHOULD I CALL THE DOCTOR

At this age, it is important to call your doctor if your baby:

Has a fever over 100.4F or 38C

Doesn't look good to you

Refuses to feed on his usual schedule or takes much less than usual

Vomits often or in big amounts

Is very fussy, or sleeps almost all the time

Has diarrhea (more than four watery stools in 24 hours, or if breast fed more than eight watery stools in 24 hours)

HELPING YOUR BABY LEARN

It is never too early to start helping your baby learn. At this age your baby likes to look at bright colors and patterns. Put bright colors and patterns up on the walls where your baby can see them. You might find a bright piece of material, or a magazine picture or a poster. Put these in places where your baby spends time, like over his crib or in the kitchen.

Another thing your baby probably likes at this age is faces. Take time to look at your baby's face and let him look at yours. Smile or laugh at him. He will learn to smile back. Also take time to hold your baby. What do you like most about your new baby?

Now is an important time to start helping your baby learn.

The more things he has to interest him now, like bright colors and faces, the more interested he will be as he grows older, and the quicker he will learn.

WHY DOES MY BABY HAVE TO HAVE SHOTS?

At the 1 month checkup your baby will get his first immunization shots. He will get more shots at 2 months, 4 months, 6 months, 12 months, 15 months, and 18 months and again before he starts school. Why does he need so many shots?

We immunize children to try to prevent them from getting diseases like measles, mumps and polio. By getting these shots now your child will probably not get these diseases later, when they might cause serious illness or even death. Some immunizations need several shots to work. It is important that your child gets all of his shots. Read carefully the information sheet about immunizations that your doctor or nurse gives you. Ask questions if you don't understand.

Don't skip checkups or get behind!
Sometimes the shots may make your child feel a little bit sick. He may get a fever or feel sore where he got the shot. These will not last long. Give your child Tylenol (acetaminophen) for the fever, and put a cold washcloth on the sore spot. You should not give Tylenol until your baby gets shots at the 2 month visit.

THINGS YOU MAY BE WORRIED ABOUT

My baby cries a lot, is there something wrong?

Your baby may cry to tell you he is hungry, wet, tired, or wants to be held. Or he may just cry. Crying is a baby's way of letting off steam. Hold him a lot, but allow him time to settle himself when you need a break. He may cry even more in the first six to eight weeks, but it will get better after that. Be patient!

How much should my baby be sleeping?

Every baby has a different sleeping pattern. Most babies at this age sleep between 12 and 20 hours a day. Your baby will probably wake up every three to four hours to be fed, or every two to three hours if breast fed.

How often should I wash my baby?

Bathe your baby no more than once a day. Two to three times a week is enough. Remember to put a washcloth at the bottom of the tub so your baby won't slip. If your baby has hair, shampoo it with mild soap or baby shampoo no more than two times per week. Clean the diaper area with warm water after your baby has a bowel movement or a baby wipe and pat it dry before putting on a diaper. You don't need to use any skin lotion on your baby.

COMING ATTRACTIONS

Before your next checkup, your baby may start to:

Smile...

Make noises besides crying, like cooing...

Remember to hold your baby a lot, and talk to her and play with her. Spending time with your baby will help her to grow strong and healthy.

We encourage you to visit our website at:
www.westside-pediatrics.com