

## Well Child Care at 2 Weeks

### Feeding

Your baby is growing! At this age, a baby only needs breast milk or infant formula. Breast-fed babies should usually feed about 10 minutes at each breast during each feeding. Breast-fed babies may want to nurse as often as every 2 hours. Most babies take 2 to 3 ounces of formula every 2 to 3 hours now. Babies should wake up at night to feed. A baby usually starts to sleep all night between 3 and 5 months of age.

If your baby wants to feed more often, try a pacifier. Your baby may need to suck but not feed. It is important to hold your baby during feeding. This is a good time to talk to your baby. Hold the bottle and do not prop it up.

Mixing formula: If you get powdered formula, mix 2 ounces of water per 1 scoop of formula. If you use concentrated liquid formula, always mix 1 can of formula with 1 can of tap water. Some liquid formulas are sold ready to eat and should not be diluted. Keep milk in the refrigerator.

### Development

Babies are learning to use their eyes and ears. Smiling faces and gentle, pleasant voices are interesting for babies at this age.

Having a new baby is a major life change. Many mothers find that the baby brings a lot of new work. Help from fathers, friends, and relatives is often very important at this time. A few mothers get the blues or even depression after a baby is born. This may be caused by hormonal changes or your situation. Be sure to tell someone if you are feeling this way. Ask your baby's healthcare provider for help.

Babies usually sleep 16 or more hours a day. Healthy babies should be placed in bed on their backs. Sleeping on the back reduces the risk of sudden infant death syndrome (SIDS).

Most babies will strain to pass bowel movements. As long as the bowel movement is soft, there is no need to worry. Ask your doctor about bowel movements that are hard (constipation). Babies usually wet the diaper at least 6 times each day.

### Safety Tips

#### Choking and Suffocation

- If you use a crib for your baby, be sure to pick a safe location. It should not be too near a heater. Make sure the sides are always completely up. Use a crib with slats not more than 2 and 3/8 inches apart. Crib slats more than 2 and 3/8 inches apart can lead to injury.
- Place your baby in bed on his back.

#### Falls

- Never leave the baby alone except in a crib.
- Keep mesh netting of playpens in the upright position.

#### Car Safety

- Car seats are the safest way for babies to travel in cars and are required by law. Place Infant car seats in a back seat with the infant facing backwards. If you aren't sure how to install the seat in your car, contact a local fire department.
- Never leave your baby alone in a car or unsupervised with young brothers, sisters, or pets.

## Smoking

- Infants who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.

## Immunizations

Immunizations protect your child against several serious, life-threatening diseases. Shortly after birth, your child should have a hepatitis B shot.

Call your child's healthcare provider if:

- Your baby develops a fever.
- Your child is very irritable and you cannot calm him.

## Next Visit

Your baby's next appointment may be at 1 month or 2 months of age. At the 2 month appointment, your child will get a set of immunizations. Bring your child's shot card to all visits.

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