



# What You Need to Know: 2 Weeks Old

## Feeding and Nutrition

Breastmilk or formula should be your child's sole nutritional source for the first 4-6 months, and the major source of nutrition throughout the first twelve months. During this time, you and your pediatrician will need to ensure that your baby is receiving adequate calories. This is done through frequently measuring growth at regular well visits. Here are some other recommendations to optimize your baby's nutrition:

- Most newborns eat every 2 to 3 hours, or 8 to 12 times every 24 hours. Babies might only take in half ounces per feeding for the first day or two of life, but after that will usually drink 1 to 2 ounces at each feeding. This amount increases to 2 to 3 ounces by 2 weeks of age.
- The length of a feeding varies, so feed until your baby seems content.
- It's important to pay attention to your baby's signals and work around her needs. When your baby is hungry, she will put her hands in her mouth, become fussy, or make sucking noises.
- Continue prenatal vitamins while breastfeeding.
- If you breastfeed or partially breastfeed, the CDC recommends adding a vitamin D supplement. 400 IU/d of vitamin D is recommended and is available over the counter (i.e. Baby-D drops or Enfamil D.Vi. Sol).
- Do not heat formula in the microwave.
- Do not prop the bottle in your baby's mouth.
- Healthy babies do not need supplemental water.
- Do not give honey or corn syrup in the first year.

## Elimination

Breastfed babies have small, frequent, yellow stools with a pasty, watery, or curd-like consistency. The frequency varies widely – a few bowel movements per day to a few per week is normal. Bottle-fed babies usually have 2-4 soft brown, green, or yellow stools each day. A healthy, well-hydrated baby should have several wet diapers each day.

## Sleep

Avoid bumpers in the crib, sharing a bed with your infant, and smoking. Always place your baby on his back to sleep on a firm, flat mattress without additional pillows or blankets. Car seats and other sitting devices are not recommended for routine sleep. The average baby sleeps 16-17 hours per day in the first month of life. Babies do not have regular sleep cycles until about 6 months of age. It is normal for your baby to sleep more on some days and less on others. Your baby is too young to cry himself to sleep at this age. Your baby cries to communicate that he needs something from you (like feeding or changing).

## Colic

Colic is a normal developmental process, which most infants experience to varying degrees. It presents with an increasingly inconsolable infant, with fussiness peaking at around 6 weeks of life. Fussiness can vary from infant to infant. Some babies can cry for three or more hours a day even after all of their needs have been met. For most babies, fussiness slowly decreases after 6 weeks.

What can you do? First, make sure all of his or her basic needs have been met (e.g., have you fed and changed diapers recently?). You can offer comfort by swaddling, rocking your baby, or trying a pacifier.

Even after you have met all of your infant's needs, they may still be inconsolable. That is ok. Give yourself breaks as needed. Lay your baby down in his or her crib in the dark for a few minutes. You can be comforted by the fact that this is a normal developmental phase, and it will soon pass.

## Development

- Cries when hungry
- Startles from loud noises or falling sensation
- Grasps onto your finger when you touch his palm
- Focuses briefly on your face when held closely

## Safety

- Always use a car seat made for an infant and place it **rear-facing** in the back seat until at least 2 years of age. Make sure the chest piece is snug against the baby's chest.
- Always make sure your baby is sleeping in a safe place. The crib slats should be less than 2-3/8 inches apart.
- Take an infant CPR class.
- Set your hot water heater to 120°F to prevent burns, and never drink hot liquids while holding your baby. Always test bath water before placing your baby in the bath.
- Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.
- Never leave your baby in the car alone, even for a minute.

## Other Things....

- If you are feeling sad, hopeless, irritable, overwhelmed, or have thoughts of suicide or harming your baby, speak with your doctor.
- Wash your hands often and have everyone who touches your baby wash their hands first.
- Hold, talk, and sing to your baby. Show your baby affection – you cannot spoil a newborn in this way.
- Keep your baby out of direct sunlight. Protect from sun exposure with clothing, hats, blankets, or an umbrella.
- Know the signs of illness – temperature over 100.4 rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to see if these symptoms need further evaluation.
- Shaking your baby may cause serious injury or death. Never shake a baby!
- Do not smoke around your baby, especially inside your home or car. It may lead to respiratory problems and allergies, and increases their risk of sudden infant death syndrome (SIDS).
- To protect your baby from pertussis (whooping cough), everyone who has contact with your baby should have had a DTaP or TDaP immunization within the last 5 years.
- Everyone caring for your baby should also receive a yearly flu vaccine.
- Install and maintain smoke and carbon monoxide detectors.

## Vaccines Given at Your Child's Next Well Visit (2 months)

- DTaP, Hepatitis B, Polio Combo
- HIB
- Pneumococcal
- Rotavirus

## Suggested Reading

[“What to Expect the First Year”](#)

[“Your Child’s Sleep \(Healthychildren.org\)”](#)

[“Your child, Birth to 5 years \(AAP\)”](#)

## Recommended Websites

[www.canyonviewpediatrics.com](http://www.canyonviewpediatrics.com)

[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)

[www.aap.org](http://www.aap.org)

[www.seatcheck.org](http://www.seatcheck.org)

[www.healthychildren.org](http://www.healthychildren.org)