

Name _____ Date _____

Weight _____ (_____%)

Diet

- Most babies breastfeed every 2-3 hours in the daytime or bottle-feed every 3-4 hours.
- If you are breastfeeding, continue to eat balanced, regular meals. Drink plenty of fluids.
- Once the baby is gaining weight steadily and back to birth weight, her or she can sleep as long they desire at night.
- Babies can have stools ranging from multiple per day to one large soft stool every 7 days and many different colors. Be concerned if stool is red, white, or black (except meconium after delivery).
- Appetite spurts often happen at 3 weeks, 6 weeks, and 3 months.
- If you are breastfeeding, either give 400 IU of vitamin D to your baby every day, or take 6,400 IU of vitamin D daily yourself.

Development

- Your baby would like to look at you at close range. Smile, talk, and listen to your baby.
- At this age, there is no such thing as too much holding your baby.
- Start tummy time with the baby on a flat firm surface 3-5 times a day to practice head and upper body control and reduce the risk of getting a flat spot on the head.
- Colic may begin around 3 weeks of age and can last up to 3 months. Colic is defined as excessive crying that tends to peak in the evenings, after other serious causes of crying/fussiness have been excluded. Soothing techniques may help.

Sleep

- Most newborns sleep 16-18 hours a day. Some babies will sleep 5 to 6 hours overnight.
- Have the baby sleep on his or her back to reduce the risk of SIDS (Sudden Infant Death Syndrome). Other ways to reduce the risk of SIDS are ensuring no secondhand smoke exposure and allowing baby to sleep with a pacifier.
- Do not use soft bedding or toys in the crib/bassinet.
- Allow the baby to sleep in a dark quiet room at night, and stimulate the baby during awake time with talking, rocking, and having room lights on during the day to develop day and night cycles.

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Safety

- Car seats are a must. It should be rear facing in the back seat, and should be used every time the baby is in the car. If you need help with installation, there are car seat inspections that are available in the community.
- Babies can roll over “on accident” very easily – never leave a baby alone on a counter, bed, sofa, changing table, or sink.
- Try to keep the baby away from sick visitors, and have all visitors and family wash their hands prior to holding the baby.
- NEVER shake a baby.
- Consider taking a CPR class.
- The water heater temperature should not be higher than 120 degrees.

Other Essentials

- A rectal thermometer should be used exclusively if you think your baby has a fever until the baby is 3 months old.
- In the first three months, all fevers over 100.4 degrees should be seen by a physician (except for 24 hours after first set of immunizations).
- Fevers may require blood work and other tests. Also call if the baby is excessively irritable or feeding poorly. Do not give Tylenol without speaking to one of our providers or nurses first.

At this visit

Typical screenings: Postpartum depression in mom

Return at 2 months of age for your next well child visit!