



THE TWO WEEK OLD

The first few weeks of your newborn's life are often difficult. First time parents especially are adjusting to the shock! Remember that at about six weeks, a routine begins to emerge. Until then, just try to rest during the day when possible and call upon friends and family for help.

Most babies have an acne type rash on their face between three to twelve weeks. This is normal due to hormonal changes and will resolve by three months. The circumcision should be completely healed, and the umbilical cord should be off soon. A tub bath may be given when the cord falls off.

DEVELOPMENT

Babies can lift their heads up when lying on their stomachs. Remember, babies can be on their stomachs when you are there and awake, but they need to sleep on their backs. An infant can see your face and may watch you for several seconds at a time. He or she may start spending more time awake, alert, and looking around.

FEEDING

Your infant still feeds every two to four hours day and night. He or she should be fed on demand. Your doctor may tell you not to wake him or her at night if his or her weight is good at the two week check up.

VITAMINS

The American Academy of Pediatrics recommends that breastfed infants receive vitamin D supplementation. You can buy D-Vi-Sol in the grocery store. Tri-Vi-Sol is an acceptable alternative. Your infant needs one dropper daily.

SLEEPING

Most infants are sleeping in a bassinet in their parents' room at night. You should not sleep with your infant for safety reasons. It is too early to expect your baby to sleep long stretches, but you can teach him or her the difference between day and night. Keep it dark and boring at night. Feed, change, and put your baby right back down. Many babies need to be walked and rocked to sleep. These practices should be stopped gradually, so that by four months, you can put your well-fed, happy baby in his or her crib awake, to fall asleep on his or her own.

SAFETY

Use your car seat!! Watch young siblings and pets closely when they are with your baby.

EXCESSIVE CRYING

Some babies cry more in the evening hours. This is classic colic. It is usually over by four months of age. Try using a front pack carrier or putting your infant in a stroller and taking a walk. Some babies like a swing or vibrating chair. It is okay to put an infant in his or her crib alone for ten minutes or so to see if he or she is overstimulated and tired. Sometimes babies cry no matter what you do! Just being there is enough.

NEXT CHECK UP IS AT ONE MONTH OLD.