



Newborn/2 Week Well Child Visit

Temp _____
HR _____
Resp _____
Head Circumference _____

Weight _____
Length _____
Head Circumference _____
Jaundice? _____

Birth Measurements
Weight _____
Length _____
Head Circumference _____

Needed today: Hep B; Vitamin K; Hearing Screen; Newborn Screen

DEVELOPMENT

By 2 weeks of age, your baby should begin to do some of the following:

- Keep hand held in a fist most of the time
- Stare at and regard your face while feeding
- Lift head when lying prone
- Startle to loud noises

ACTIVITIES

- Consistently respond to your baby's behavior
- Cuddle and hold your baby often
- Sing to your baby
- Play music
- Use mobiles with contrasting colors
- Maximize tummy time while awake and under your watch

SAFETY

- Car seat in the backseat, rear-facing
- **Fever of 100.4 or greater measured rectally is an EMERGENCY**
- Set water heater temperature to 120 degrees F
- Never leave baby alone on bed or changing table
- No baby powder
- Do not microwave bottles
- NO SMOKING
- Sleep only on the back
- No over the counter medication
- No water
- Pacifiers are now recommended for prevention of SIDS
- No soft bedding or toys in the crib
- Learn CPR
- NEVER SHAKE BABY

FEEDING

- Breastfeeding is best: 10-15 minutes per breast
- If formula feeding, use Iron-Fortified formula,
- By 2 months, baby should be taking 4-5 ounces per feeding for total of 24-32 ounces per day
- Always hold the baby while feeding. Do not prop the bottle.
- No solid food.
- Not necessary to boil water and sterilize bottles and nipples. Dishwasher clean is fine

OTHER:

- Bowel movements can vary from several a day to one every 2-3 days. As long as they are soft, do not worry
- Dress baby as you dress yourself. If you need a jacket, wrap up baby. If you are in shorts, dress baby in cooler clothing.
- Make days active and nights quiet to help baby learn appropriate sleep/wake cycle.
- Babies cry for many reasons: tired, cold, hungry, wet, sick, scared. If you have eliminated these causes, consider loneliness, boredom or no reason. Try singing, rocking, swaddling and close contact. If in doubt, seek medical care.
- Avoid drafts and direct sunlight, along with excessive heat or cold
- Hiccups and sneezing are normal
- Most babies have gas. It is not necessary to change formula. Consult your healthcare provider for constipation or severe reflux

USEFUL WEBSITES

www.brightfutures.org www.aap.org www.kidshealth.org

USAHC Stuttgart, Germany

Next scheduled visit is at **2 weeks or 2 months** Call 430-8610 to schedule

New Parent Support 07031-15-3340/3353
WIC 07031-15-3351
EDIS/Early Intervention 07031-15-2697/2547
Poison Control: 06371-86-7070 DSN 486-7070