



2 WEEK CHECKUP

Date: _____

Weight: _____

Length: _____

Head Circumference: _____

Next Visit: **2 Months of Age**

Growth

- Your baby will gain about an ounce per day at this time.

Nutrition

- Continue with breastfeeding or formula.
- Juice and cereal are not needed or recommended until at least 4 months of age.
- Babies at this age (0-3 months) should not drink extra water.
- If your breasts are full before feedings and are soft afterwards, and your baby is urinating and stooling, then the baby is getting enough to eat.
- Please call the office if you experience breastfeeding problems.

Sleep

- Babies sleep a lot at this age, but they may need help learning to do this at night.
- Wake your baby after 3-4 hours during the day, but let him/her sleep at night unless instructed to wake

for feedings.

- Always put your baby to sleep on his/her back.

Development

- Your baby will begin to wake up more and you will notice more crying. He/she will cry about 3 to 5 hours out of every 24 at this age, some more and some less.
- As long as your baby's stools are soft, gas is normal.
- If you have checked the diaper, and your baby has been fed, it is best to try to soothe him/her by rocking, by using a baby swing, by taking him/her for a ride in the car, by running the vacuum, etc.
- It's normal for babies to pull their knees up when they cry, and act like they have a stomachache. This will get better between 2-3 months.
- You will notice your baby will look at you and fix on your face. He/she will smile occasionally.

Safety

- Always use a rear-facing car seat in the back seat of the car.
- Test bath water and formula temperature before using. Keep your water heater set below 120°F.
- Watch out for jealous siblings and pets.
- Never shake your baby.
- Have smoke detectors installed.

Check them regularly to make sure they work.

- Do not smoke in the house or around your baby. Even the smell of smoke on hands, face and clothes can affect your baby (this can increase the risk of colds, asthma, ear infections, and crib death).
- Don't buy a baby walker; they are unnecessary and dangerous.
- Remove guns from the home or keep them unloaded and locked up.

Illness

- If your baby is sick, take a rectal temperature.
- If the rectal temperature is 100.4°F or higher, call your pediatrician immediately.
- Do not give any medications.

Normal Things

- Sneezes, hiccups
- Pauses in breathing (less than 15 seconds)
- Peeling skin
- Blue hands and feet
- Swollen breasts
- Bowel movements varying in number from 1 every other day to 5-6 per day.
- Bowel movements may vary in color from green to brown to yellow
- White vaginal discharge

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.