



# Two Weeks

Baton Rouge Clinic Pediatrics  
Shelley M. Martin, MD, FAAP  
(225) 246-9290

## REMEMBER!!

Your baby's immune system is not fully developed for the first few months and is more susceptible to serious infection.

*Call immediately for any fever (99.5 axillary or higher) or any unusual fussiness in your infant.*

Congratulations on making it this far! Your baby should be settling into something resembling a schedule and maybe you're even catching a little sleep yourself!

## Feedings

**Breastfeeding**— Your milk should now be starting to stabilize and you should no longer be experiencing frequent engorgement. Your baby should be waking on his own every 2-3 hours to nurse. Breast milk is the perfect food for infants and contains all the nutrients your baby needs in the first four to six months of life without any supplemental foods. Rarely, some infants may need some supplemental vitamins and if your baby falls into this category, I will let you know.

**Formula**— Formula with iron is recommended for infants who are not breastfed or who require supplementation. The formula also has all the nutrients your baby needs for the first four to six months of life. Stop feeding at the first sign your baby is full. Most two week olds take 2-3 ounces of formula and this may increase to about 4 ounces by the time you return for the one month checkup.

## Stools

Breastfeeding infants will have loose yellow stools about the consistency of soft butter. Formula-fed infants will have seedy/pasty stools. Most breastfed infants stool with every feeding while formula-fed infants may have only one stool per day. **Constipation** is hard, formed,

difficult to pass stools. It occasionally occurs in formula-fed infants or breastfed infants who receive a supplemental bottle. Grunting and straining are normal for all infants when passing a stool. If the stool is soft, this is not constipation and will improve with time.



## Sleeping

Many infants this age will sleep 16 hours per day, waking every two to four hours for feeds.

Avoid letting your baby sleep longer than 4 hours during the daytime to help establish a nighttime sleeping pattern. Remember to always place your baby on his/her BACK for sleeping.



## Colic

Colic is a period of inconsolable fussiness and crying usually worse in the late evening that begins around 2-3 weeks of age. Crying is often accompanied by increased gas or knees drawn up and clenched fists. Since your baby's neurological system is still immature, sometimes it becomes overwhelmed and results in "I don't know what to do except cry". Try rhythmical movements like rocking, white noise like a vacuum cleaner, play some classical music, or maybe a walk around the block. If your baby seems to be fussy all day, not eating well or the episodes are lasting more than an hour or so, let me know.



Recent research has shown that sucking on a pacifier while sleeping reduces an infant's risk of death

## Sucking

Babies have a natural desire to suck. Sometimes the appearance of "always hungry" is really just a desire to suck on something. A pacifier is ok to use, even for breastfed infants if nursing is going well. If you have concerns, let me know.

## Safety

Your baby should be placed in a car seat for *every* trip. It should always be rear-facing and made for her weight. Never place your baby's seat in the front seat of a vehicle with an air bag. I will be happy to check your seat for proper strap positioning and go over placement in the car if you wish. There are locations in the Baton Rouge Area that will help you with car seat placement free of charge, but an appointment is necessary. Try to convince smokers this is the time to quit or only smoke outside, check your smoke detectors (and carbon monoxide detectors when applicable) and make sure you have a fire escape plan to include your new addition. When taking your baby anywhere that other people will be, encourage hand-washing before others hold him and stay away if others are sick. If you have many small children in your extended family, this is often a frequent source of infection, so beware of those toddlers!

**Your baby may need repeat bloodwork today for one of the following lab tests:**

- Bilirubin (jaundice)
- Thyroid (if initial level elevated)
- PKU (if done prior to 24 hours)

**If your infant did not pass his/her hearing screen at birth or you have a family history of congenital hearing loss, this test will need to be repeated at four to six weeks of age.**

## Immunizations

Your baby does not need any vaccinations today unless he/she did not receive the Hepatitis B vaccine at birth.

Routine vaccinations will begin at the two month visit.



Your baby's next visit will be at *one month of age* unless we have discussed something different. Please call if you have any questions or concerns before this visit. See you then!