



Pediatric and Adolescent Medicine
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HEALTH MAINTENANCE INFORMATION SHEET -- AGE 2-4 WEEKS

Date	Age	Wt	Ht	Head Size	Next Appt.
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Acetaminophen Dosing: Children's Suspension (160 mg/5 mL) _____

NUTRITION

- Breast: Feeding schedule is modified demand (every 1.5-4 hours). You may supplement occasionally with expressed breast milk or formula. Expect a growth spurt at about 2 weeks and again about 6 weeks.
- Formula: An iron-fortified formula such as Similac Advanced or Enfamil Lipil with iron is desirable. Let infant drink to satiety, stay 1 oz. ahead of infant in bottle but don't force the infant to drain the bottle. If using a powdered formula, boil tap water for 5 mins. Avoid well water. Do not use spring or distilled water. Don't put baby in bed with a bottle.
- All Breastfed babies need iron and vitamin D supplementation (Tri-vi-sol with Iron or My Kidz Iron)

GROWTH & DEVELOPMENT

- Holds head up briefly. Moves arms and legs spontaneously.
- Fixes and follows objects briefly with eyes. Startles to noise.
- Gurgles, throaty sounds; cries, distress vocalizations. Social smile appears by 2 months.
- Infant self-regulates periods of sleep and wakefulness. Periods of quiet alertness with looking, listening, and touching as well as periods of fussiness occur.
- Crying increases over next few weeks. You cannot spoil your baby at this point by responding to his/her cry. Develop your own routine to deal with the crying (e.g. change diaper, cuddle, pacifier, rock, attempt feeding.) It is okay to let the baby "cry it out" for a few minutes if he/she is not clearly wet, dirty or hungry. Fussiness is part of the baby's own temperament, not a reflection of parental inadequacy.

IMMUNIZATIONS & PROCEDURES

- Fundoscopy (screen for cataracts)

ACCIDENT & SAFETY

- Always place infant in rear-facing car seats (Never in the front with an airbag). Don't leave a baby alone in a car.
- Place your baby on his/her back to sleep to prevent SIDS (Sudden Infant Death Syndrome). Have firm mattress with tight bedding and NO soft objects in crib/bassinet. REMEMBER: Back to sleep, empty crib and no co-bedding. Pacifiers are endorsed by the American Academy of Pediatrics (AAP) and are shown to help reduce the risk of SIDS.
- Don't leave infant unattended on any elevated surface.
- Be careful when using microwave oven to warm formula. Shake the bottle well to avoid "hot spots."
- Don't leave infant unattended with young children or pets.
- Install smoke alarms and CO2 detectors in house or apartment. Set hot water heater to (Safe Zone) < 120⁰
- DON'T SMOKE IN PRESENCE OF INFANT!
- Wash hands frequently
- Keep baby from large groups and from sick people
- No cords or strings around baby's neck (pacifiers, medallions, and necklaces).
- Learn Infant CPR!

MISCELLANEOUS

- Enjoy cuddling, talking, singing, reading to and playing with your baby. Mobiles, rattles and mirrors are good toys.
- Infant may sleep >18 hours out of 24. Try to nap along with baby if woken frequently at night. Remember to have your baby sleep ONLY on his/her back.
- Bowel movements vary from every feeding to every few days. As long as stools are soft, it is normal for baby to strain.
- As long as umbilical stump is in place, do not immerse infant in water. (For boys, no immersion baths until circumcision is healed). Notify us if cord smells foul or skin around cord is red & hard.
- Report immediately: Fever; bloody, yellow and/or green vomit; bloody stools; inconsolable crying over 1 hour; blisters in diaper area; breathing difficulty; blueness around mouth; or seizures.
- Try to spend time together as adults.

RESOURCES

- Brazelton: Infants and Mothers
- White: The First Three Years
- Feinbloom: Child Health Encyclopedic }
- Hilman: The Baby Check Up Book & Dr. Spock
- Leach: Your Baby & Child
- Smith & Satterfield: Metropolitan Mothers At Work Book
- Washington Parent's Connection 5606 Knollwood Rd. Bethesda, MD 301-320-2321