



# Well Child Book **AGE: 2 WEEKS**

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Riley Physicians Pediatrics

Date: \_\_\_\_\_

Weight: \_\_\_\_\_

Length: \_\_\_\_\_

Head Cir.: \_\_\_\_\_



**Riley Physicians**  
Indiana University Health

A partner with IU Health Arnett Physicians



## DEVELOPMENT

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Your baby will display certain physical and mental developmental skills, also known as developmental milestones. Please keep in mind, development is slightly different for every baby. If you have concerns about your baby's development, please talk to his or her healthcare provider.

At 2 weeks, babies can:

1. Be expected to sleep a large portion of the day – about 16 - 20 hours daily.
2. Raise their heads slightly. When babies are awake, they should be given supervised time on their tummies, so they can develop their upper body muscles.
3. Focus and begin to make eye contact with you.
4. Blink in reaction to bright light.
5. Respond to sound and recognize your voice, so be sure and talk to your baby.

## DIET

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For proper growth and development, breast milk or formula is all your baby needs for the first 4 - 6 months of life. Breast milk is the preferred form of nutrition for infants. However, not all moms are comfortable with this method of feeding or are unable to breastfeed. For these babies, formula is an excellent source of nutrition.

Giving solid food, juices or homogenized milk too early can lead to allergies, anemia or obesity. Contrary to popular belief, cereal in the bottle will not make a baby sleep through the night. Most babies will sleep through the night once they weigh between 13 and 15 pounds and around 4 - 5 months of age.

## AMOUNT

About 6 - 8 feedings every 24 hours for formula-fed babies is the norm; more frequent feedings are required for breastfed babies (usually 8 - 12 within a 24-hour period). Breastfed babies will likely nurse 10 - 20 minutes on each breast every 1½ - 3 hours.

Average amounts of formula are as follows:

AGES	OUNCES PER DAY	OUNCES PER FEEDING
2 Weeks	22 oz.	2 - 3 oz.
1 - 2 Months	28 oz.	3 - 4 oz.
3 Months	32 - 34 oz.	4 - 6 oz.

For now, a flexible feeding schedule is best. Remember, these are just guidelines. Your baby is able to regulate his or her own intake to meet day-to-day needs.

Tap water is appropriate to make up baby formula. It does not need to be boiled, if your home is on city water. If you have well water, contact your local health department to ensure safety and fluoride content. Boiling of well water is recommended up to 6 months of age.

Offering plain tap water to your baby is not necessary or recommended as breast milk and formula are over 95 percent water.

Baby formula WITH iron is recommended. With this, no additional vitamins or iron are necessary.

Breastfeeding mothers should continue to take their prenatal vitamins and drink 8 ounces per feeding of water, juice or milk.

Although newborns can normally lose up to 10 percent of their birth weight during the first week of life, they should be back to their birth weight by 2 weeks of age. Then, over the next few weeks, they gain about an ounce per day.

## FEEDING

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Babies should not be placed flat on their backs while being fed. Hold your baby slightly upright so he or she can see your face. Propping the bottle or laying your baby flat can lead to choking or an increased chance of ear infections. A baby who awakens at night for feedings should be fed and returned promptly to his or her own bed. Do not encourage play during nighttime feedings. Many infants spit up often. If your baby tends to do this, keep his or her head elevated for 30 - 45 minutes after each feeding.

## CRYING AND SLEEPING

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Many infants will average 2 - 3 hours of crying per day. This is considered normal and often may be due to gas pains. This usually starts after 2 - 3 weeks of age, peaks by 6 weeks of age and then resolves by 2 - 4 months of age. Gas drops are okay to try, but only in recommended amounts. They are successful 50 percent of the time. There are also options like gripe water and probiotics (e.g., Gerber Good Start Soothe®, BioGaia®).

If your newborn cries, you should pick him or her up quickly. You will not spoil him or her at this age. During the night try and allow your baby to learn to fall asleep on his or her own, after you have ensured that he or she is not hungry, wet or uncomfortable. If you feel that your baby's crying is excessive, please talk with your doctor.

Babies need to sleep in their own beds from birth on. You should also try to put your baby down when he or she is drowsy but not asleep, so he or she can learn from an early age to fall asleep on his or her own. This will help babies avoid sleeping problems when they are older. However, getting a newborn or young infant to sleep may be challenging. Infants require a lot of swaddling and closeness as they transition to the outside world. Biologically, because of their immature sleep cycle, they also tend to be light sleepers. Sleep difficulties should begin to improve after 6 weeks of age. During these first few months, your baby's sleep-wake cycle may be confusing and trying. Try to nap when your baby does.

## BOWELS

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Stools should be soft, and range from liquid to pasty. With breastfeeding, a baby's stools are usually looser than with formula feeding. Seed-like particles in stools are normal. Babies may have small stools after every feeding or might only have one large stool every 3 - 4 days. Straining, grunting and turning red in the face during stooling does not signify constipation as long as the stools are soft. Constipation is defined as hard and infrequent stools. Please talk with your doctor if your baby is having hard, infrequent stools or is not feeding properly.

## BATHING

At first, your baby may or may not enjoy bathtime. Pay special attention to your baby's genitals. Do not force back the foreskin on uncircumcised boys; the foreskin will gradually go back within a few years. Little girls should be wiped from front to back rather than from back to front. Gently spread the outer labia apart to cleanse out stool and secretions.

## MEDICATIONS & VITAMINS

Do not give your baby any over-the-counter medications such as Tylenol®, fever drops, ibuprofen, or cough and cold medications. These can be harmful at this age.

You may use nasal saline for congestion and runny nose. Gas drops are okay as well.

The American Academy of Pediatrics recommends that all exclusively breastfed children receive 400 IUs (international units) of Vitamin D per day. Infants who are breastfed should receive supplemental vitamins, such as Enfamil Poly-Vi-Sol®, D-Vi-Sol® or Tri-Vi-Sol (1mL per day), by 2 weeks of age. Formula-fed infants do not need additional Vitamin D.

## SAFETY

### SUFFOCATION & SIDS PREVENTION

- Infants should only sleep in their own crib, bassinet or cradle and only on their backs.
- Do not let your baby sleep on a pillow, plush blankets, couch or sofa, your bed or waterbed. These surfaces are too cushy and may lead to smothering.
- Crib slats should be no farther apart than 2 3/8 inches. There should not be a gap between the mattress and the crib where arms and legs could get caught. Pick a safe location for the crib, preferably away from heaters.
- Recent research on sudden infant death syndrome (SIDS) states that pacifier use may reduce the likelihood of SIDS. Do not tie the pacifier on a string around your baby's neck or use a pacifier holder during sleep.
- The risk of SIDS has been shown to be reduced when infants sleep in the same room as a caregiver, but in their own beds.
- Learn infant/child CPR, which involves management of choking.

### BURNS

- Never carry your baby and hot liquids or foods at the same time.
- Do not warm your baby's bottle in a microwave oven. Uneven heating can cause scalding of your baby's mouth. Formula can be given at room temperature.
- Set your water heater temperature at or below 120° F to avoid scalding accidents.
- Always check the baby's bath water before placing your baby in the tub.
- Have a working smoke detector in your home. Change the batteries two times a year.
- Remember, most house fires are caused by improperly extinguished cigarettes, so do not allow smoking in your home.

## CHILD PASSENGER SAFETY

Because motor vehicle accidents are the number one killer of children ages 1 - 14 in the United States, it is important to transport children in the safest way possible. This sobering statistic reminds us that even if you are a careful driver, you can't eliminate the possibility of an auto accident. Child safety seats are made to properly restrain a child in the safest way possible.

### SAFETY TIPS

- Select a car seat based on your child's age and size. Choose a seat that fits in your vehicle, and use it every time.
- Always refer to your specific car seat manufacturer's instructions (check height and weight limits) and read the vehicle owner's manual on how to install the car seat using the seat belt or lower anchors and a tether, if available.
- To maximize safety, keep your child in the car seat for as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.
- Never leave your child alone in the car.
- The American Academy of Pediatrics recommend keeping children rear facing until 2 years of age.

For more information or to get your car seat inspected, please contact IU Health Arnett Childbirth Education at 765.838.4670 or email [childbirthed@iuhealth.org](mailto:childbirthed@iuhealth.org).



### DROWNING

NEVER leave your baby unattended in a bath, even for a second. Children can drown in 2 inches of water.

### FALLS

Always strap your baby in when using the car seat as a carrier. Babies can stretch their legs and may lurch from the carrier. Be aware that although two-week-olds do not usually roll, they can wiggle. Do not leave your baby unattended on a changing table, bed or sofa. If your child has a serious fall or does not act normally after a fall, call your doctor.

### HEALTHY HABITS

All household members and direct caregivers of your baby should receive a flu vaccine each year, when it is available. All children older than 6 months should receive an annual flu vaccine. Children under 9 years of age need a booster in 4 weeks after their very first flu vaccine.

- Do not allow smoking in your house or car. Tobacco smoke in a baby's environment is linked to more frequent ear and respiratory infections and even to SIDS.
- Do not give honey to an infant less than 12 months of age. Honey contains a toxin that a baby's digestive tract may not be able to inactivate.

Because babies, during the first 2 months of life, do not fight off infection well, keep your baby away from people with colds, flu or other contagious illnesses. This may mean not taking your baby out much, especially during the first 4 - 8 weeks of life, unless absolutely necessary.

- Practice good hand washing.
- Breastfeed for up to 12 months of age, if possible.

## NEXT VISIT

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Your child's next appointment is at 1 - 2 months of age. The vaccine series will begin at 2 months of age. Please call us if you have any concerns about your child before then.

## NEWBORN EMERGENCIES

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Call your doctor if your baby has any symptoms, including the following:

- Temperature over 100.4° F. Please check a rectal temperature until 3 months of age.
- Failure to eat for two feedings in a row in a 6-hour time span when offered breast or bottle.
- Fast breathing, over 60 breaths per minute continually.
- Retractions: sucking in the muscles between or under the ribs with each breath so that the ribs seem to stick out.
- Continually, whole body has a blue color.
- No bowel movement for 72 hours and baby acts ill, with distended abdomen.
- Frequent watery stools with weak appetite, vomiting or blood in the stool.
- Projectile vomiting for three or more feedings in 24 hours, or vomit that contains blood or that is dark green in color.
- Soft spot is bulging and hard and baby acts ill.
- Seizure: rhythmic, repetitive jerking movements that cannot be stopped by touching baby, associated with poor color.
- Less than 3 - 5 wet diapers in a 24-hour period.
- Increased jaundice (yellow color to whites of eyes).
- Foul-smelling drainage or redness on the skin around the umbilical cord.
- Problems with the circumcision, such as bleeding, no urination or foul odor.
- Any injury to baby that leaves a mark (other than minor scratches) or an injury that causes your baby to act sick.
- You are afraid you or someone else might harm your baby.



## IMPORTANT PHONE NUMBERS

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American Association of Poison Control Centers 800.222.1222

### IU Health Arnett

Appointments	765.448.8100
	800.542.7818
Car Seat Inspections	765.838.4670
General Information	765.448.8000
	800.899.8448
Lactation Services	765.838.5353
Pediatric Triage Nurse	765.838.7400

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(Your Child's Physician)

## Pharmacy Refill Line for Pediatrics

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**765.446.4499 or 800.899.8448 Ext 4499**

or request refills through **MyChart** at [iuhealth.org/mychart](http://iuhealth.org/mychart)

Please leave the following information:

- Your name and phone number
- Patient name and birth date
- Physician's name
- Name of medicine to be filled
- Medicine dose and frequency
- Pharmacy name and location

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*Please allow 48 hours for refills.*



Arnett Physicians

# Pediatric Preventative Health Plan

## Riley Physicians Pediatrics

WELL CHILD VISIT	DTAP/IPV/HIB (Pentacel®)	HEP B	PCV-13	MMR	VARICELLA (Varivax®)	HEP A	ROTAVIRUS (RotaTeq®)	FLU*	SCREENING
Birth (hospital)		X							Hearing & Heart
2 - 3 Weeks									Newborn Screen Results
2 Months	X	X	X				X		
4 Months	X		X				X		Anemia
6 Months	X	X	X				X	X	Tuberculosis
9 Months								X	Developmental
12 Months			X	X	X	X		X	Tuberculosis, Lead & Anemia
15 Months	DTaP & Hib							X	Lead & Anemia
18 Months						X		X	Autism & Developmental
24 Months								X	Autism, Heart, Lead, Anemia & Tuberculosis
30 Months								X	Developmental
3 Years								X	Tuberculosis, Head & Anemia
4 Years								X	Hearing & Vision
5 Years	DTaP & IPV			X	X			X	Tuberculosis, Head & Anemia
6 Years								X	Tuberculosis, Lead, Anemia, Hearing & Vision
7 Years								X	Tuberculosis
8 Years								X	Vision, Hearing & Tuberculosis
9 Years								X	Tuberculosis
10 Years								X	Vision, Hearing, Tuberculosis & Cholesterol

\* Please note: Children under 9 years of age will need two vaccines, 4 weeks apart the first year the vaccine is give to ensure protection.

WELL VISITS	RECOMMENDATIONS - ANNUAL VISITS	SCREENING
11 - 14 Years	Vaccines: Tdap (tetanus and whooping cough), Meningitis, HPV (human papiloma virus), Flu (annually) & Hep A (if not completed)	Tuberculosis, Depression, Cardiovascular, Anemia & Vision (age 12 years)
15 - 21 Years	Meningitis (age 16 years), HPV if not completed, Hep A if not completed & Flu (annually)	Tuberculosis, Depression, Cardiovascular, Anemia (females), Vision (age 15 & 18 years), Sexually transmitted infections, HIV (age 16 years), Cholesterol (age 20 years), Pap smear (females, age 21 years)

### BRIEF DESCRIPTION OF VACCINES

- **DTaP** - Diphtheria, tetanus (lockjaw) and pertussis (whooping cough) vaccine
- **IPV** - Inactivated poliovirus vaccine
- **Hib** - Haemophilus influenza type b (leading cause of bacterial meningitis among children under 5 years)
- **Hep B** - Hepatitis B vaccine
- **PCV-13** - Pneumococcal conjugate vaccine (protects against 13 pneumococcal serotypes)
- **MMR** - Measles, mumps and rubella vaccine
- **Varicella vaccine** - Chickenpox vaccine
- **Hep A** - Hepatitis A vaccine
- **Rotavirus vaccine** - Rotavirus (leading cause of severe diarrhea and dehydration in infants)
- **Flu vaccine** - Influenza vaccine

