

Two Week Visit

PARENTAL WELL-BEING

How you are feeling

- Taking care of yourself gives you the energy to take care of your baby.
- Remember to go to your postpartum checkup.
- Call for help if you feel sad or blue, or very tired for more than a few days.
- Know that returning to work or to school is hard for parents.
- Find safe childcare for your baby. You can ask Dr. Eberhard for help finding someone.
- If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

Never shake your baby.

Getting to know your baby

- Have simple routines each day for bathing, feeding, sleeping and playing.
- Put your baby to sleep on his back:
 - In a crib that meets safety standards. Slats should be no more than 2 3/8 inches apart with no drop side rail.
 - If your crib has a drop side rail, keep it up and locked at all times.
 - Keep soft objects and loose bedding such as comforters, pillows, toys and bumper pads out of the crib.
 - Give your baby a pacifier if he wants it.
- Hold and cuddle your baby often.
 - Put your baby on his tummy when awake and you are there to watch.
- Crying is normal and may increase at 6-8 weeks.
- When your baby is crying, comfort him by talking, patting, stroking and rocking.
- **Never shake your baby.**
- If you feel upset, put your baby in a safe place and call for help.

INFANT WELL-BEING

SAFETY

Safety

- Use a rear-facing car seat.
- Never put your baby in the front seat.
- Always wear your seat belt and never drive intoxicated.
- Keep your car and home smoke free.
- Keep hanging cords or strings away from your baby, and keep necklaces and bracelets off him.
- Keep a hand on your baby when changing his diaper.

FAMILY ADJUSTMENT

Your baby and family

- Plan with your partner, friends and family to have time for yourself.
- Take time with your partner too.
- Let us know if you are having any problems and cannot make ends meet. There are resources in our community that can help you.
- Join a new parent group and call us for help to connect to others if you feel alone or lonely.
- Prepare for an emergency or illness.
 - Keep a first aid kit at home.
 - Learn CPR.
 - Have a list of emergency phone numbers.
 - Know how to take your baby's temperature rectally. Call us if it's 100.4° (38° Celsius) or higher.
- Wash your hands often to help your baby stay healthy.

FEEDING ROUTINE

Feeding your baby

- Feed your baby only breast milk or iron-fortified formula in the first 4-6 months.
- Pat, rock, undress or change the diaper to wake your baby to feed.
- Feed your baby when you see signs of hunger.
- End feeding when you see signs your baby is full.
 - Turning away.
 - Closing the mouth.
 - Relaxed arms and hands.
- Breastfeed or bottle feed 8-12 times per day.



FEEDING ROUTINE

- Burp your baby during natural feeding breaks
- Having 5-8 wet diapers per day and 3-4 stools each day shows your baby is eating well.

If breastfeeding...

- Continue to take your prenatal vitamins.
- Give your infant 400 units of vitamin D each day.
- When breastfeeding is going well (usually at 4-6 weeks), you can offer your baby a bottle or a pacifier.

If formula feeding...

- Always prepare, heat and store formula safely. If you need help, ask us.
- Feed your baby 2oz. every 2-3 hours. If your baby is still hungry you can feed more.
- Hold your baby so you can look at each other.
- Do not prop up the bottle

What to expect at your baby's 2 month visit

We will talk about...

- Taking care of yourself and your family.
- Sleep and crib safety.
- Keeping your home safe for baby
- Immunizations
- Feeding your baby.