

2 Weeks

During the first 1-2 weeks of life, your baby may:

- Look at your face.
- Respond to your voice and other sounds.
- Hold your finger.
- Suck on your hand.
- Sleep more during the day than at night.

Things to do together:

- Hold and cuddle your baby.
- Sing and talk to your baby.
- Stroke and massage your baby.
- Watch how your baby responds to your eyes/voice.

What you can do:

- Rest when your baby sleeps.
- Keep your baby safe when washing him/her.
- Make sure your baby's crib is safe.
- Hold your baby so he/she can see your face.
- Keep your baby protected from extreme weather.



Common Concerns → *Crying*

Crying is one way babies communicate. All babies cry – some more than others. If your baby seems to be in pain, call your doctor. Never shake your baby.

Holding your baby will not spoil him/her. Your baby will learn that someone cares about them. The following things may help calm your baby:

- Cuddle, comfort, or rock your baby.
- Change his/her diaper.
- Check their temperature to see if they have a fever.
- Check for a tourniquet (hair/string wrapped tightly around a finger/toe/penis)
- Talk and sing to your baby
- Feed him/her
- Carry your baby in a baby carrier – the kind you wear in front.
- Take him/her for a ride in the stroller or car.
- Walk with your baby.
- Burp your baby.
- Play soothing music.
- Swaddle or wrap her/him in a blanket.
- Swing or bounce your baby gently.
- Let your baby suck on a pacifier or your finger.

It is normal to feel stressed when a baby is crying. Know when you are beginning to feel anxious. Have some ideas planned for when this happens. If nothing works and you start to feel out of control – take a break, even if it means leaving the baby to cry for a few minutes. Put the baby in a safe place, like a crib, and go to another room. Put on some music, turn on the TV, or take a shower. Check on your baby every 5 minutes. For help at any time, call the **Parental Stress Line at 1-800-632-8188**.

Shaking a baby will NOT stop the crying. Babies' brains are very fragile. Shaking can cause brain damage, blindness, and death. Whatever you do, never hit or shake your baby.

If your baby cries a lot, try to get help from family and friends. Ask them to watch the baby while you take a break. Do not feel guilty about asking for help. You and your baby will be glad you did. Your baby will cry less as he/she gets older – it will not last forever.

Anticipatory Guidance (Do's and Don'ts):

- Do put baby to sleep on back. Encourage tummy time when awake.
- Do use a car seat for your baby, facing rear.
- Do install a smoke detector in the house; check batteries regularly.
- Do start taking baby outside for walks.
- Don't leave baby unattended where he/she can fall.
- Don't boil or sterilize bottles, this is unnecessary.

Feeding:

- Avoid Honey until 1 year of age.
- **Breast Milk**: Frequent feedings (8-12).
- **Iron Fortified Formula**: 16-32 oz divided into 8-12 feedings
- **Cereals/Breads**: none
- **Fruit**: none
- **Vegetable**: none
- **Protein Foods**: none
- **Fruit Juice**: none

Call your doctor if your baby:

- Is not feeding well
- Not wetting as many diapers as usual
- Has a fever
- Seems lethargic

Next Visit: in 2 weeks (1 month of age)

