

## *Caring for your 2-week-old baby*

Name \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_ Date \_\_\_\_\_

### **Keep Your Baby Safe**

#### ***Use a Car Seat***

- Install it properly in the back seat facing backwards.

#### ***Use a Safe Crib***

- Make sure the space between the slats is less than 2½ inches.
- Don't use a crib with sharp edges that your baby can hit.

#### ***Prevent Suffocation***

- Place your baby on his back to sleep.
- Don't string toys across the crib or playpen.
- Don't give your baby toys with small, removable parts (like buttons) or toys that fit completely in her mouth.
- Don't put strings or necklaces around your baby's neck.
- Don't leave your baby on a waterbed or beanbag pillow.

#### ***Prevent Falls, Burns and Drowning***

- Don't leave your baby alone in water or with young children or pets.
- Don't leave your baby alone on a changing table or any other surface from which he could fall.
- Don't use walkers.
- Set the water heater thermostat so that the water is not hotter than 120°F.
- Make sure you have smoke detectors on your ceiling. Check twice a year to make sure they work.
- Keep your baby away from hot things (like cigarettes or an iron).
- Don't hold your baby when you are drinking something hot (like coffee).
- Protect your baby from sunburn.
- **Never shake, toss or hit your baby.**

### **Provide Healthy Nutrition**

- Breast milk or infant formula is all your baby needs. A healthy baby does not need vitamins.
- Talk with your health care provider if your baby uses a "low iron" formula.
- Feed your baby every 2 to 4 hours. Keep nighttime feedings quiet and as short as possible.
- Don't prop a bottle in your baby's mouth.
- Spitting up is normal; burp frequently to decrease the amount your baby spits up.
- Don't give solid food.
- You don't need to warm up refrigerated formula, but your baby may prefer it.

## Practice Healthy Parenting and Care-giving

### ***Care for Yourself***

- Sleep when your baby does.
- Make some time for yourself each week by letting someone else care for the baby.

### ***Remember the Family***

- Try to set aside special time for other important people in your life.
- Talk with your sex partner about birth control. Ask yourselves, “How many children can we care for?”

### ***Encourage Healthy Development***

- Hold your baby as much as possible—you cannot spoil her.
- Give your baby simple shapes to look at.
- Talk and sing to your baby.
- **Never yell at or hit your baby.**

### ***Deal with Crying***

- Many babies will cry two to three hours per day.
- When your baby cries, ask yourself, “Is my baby hungry? Does she want to be changed? Does she want to be held? Is she too *stimulated* (like from too much touch, noise or light)? Is she in pain (like from gas in the belly)? Does she have a fever?”
- Don’t feed your baby every time he cries. Don’t use a pacifier every time your baby cries. Use it only when you think she needs to calm herself.

### ***Sleep***

- Place your baby on his back in the crib when he is drowsy but still awake.
- Some babies will cry 10 to 15 minutes before falling asleep.
- During the day, don’t let your baby sleep for more than three hours in a row.
- Don’t change your baby’s diaper in the middle of the night unless she has pooped or has a rash.

### ***Clean Your Baby***

- If your baby boy is uncircumcised, don’t try to pull back the foreskin.
- Bathe your baby every other day, at most. Use warm water and mild baby soap.
- Use a cotton ball dipped in alcohol to clean around the umbilical cord stump.

### ***Prevent Sickness***

- Keep your baby away from cigarette smoke. Do not smoke with the baby in the car; do not smoke in the house.
- Don’t let someone touch your baby without first washing his hands. Keep your baby away from large crowds and small children.
- A stuffy nose can be treated with saltwater nose drops. Remove the mucus gently using a bulb syringe.
- Call the clinic right away if your baby has a fever, is coughing a lot or may be dehydrated. A fever is a rectal temperature of 100.4°F or higher. A dehydrated baby has fewer than five wet diapers a day, cries without making tears, or has dry lips and a pasty mouth.

**Your baby’s next visit is when she is about 2-months-old.** At this check-up she will receive her first set of immunizations (shots). Please read the shot handouts given to you today before the next visit. Save these handouts. Bring either acetaminophen or ibuprofen for infants with you to the next visit.