

PE D I A T R I C S

of
Northeastern Pennsylvania

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YOUR TWO WEEK OLD

What a fantastic and exciting time for your new family! This is a period of adjustment and "getting to know each other".

Relax! Enjoy!

Included in this handout is some general "baby info." to help you get started.

FEEDS AND SUCKING

Most infants have a great need for sucking, which is often not fully satisfied by breast or bottle. A pacifier or thumb will usually help settle this incredible sucking need. Newborns love to suck for feedings and simply to soothe themselves.

SAFETY

All infants and children should ride in car safety seats every time you use the car, even on very short trips. The best seat for your child is the one you are willing to use correctly each time your child travels. The most dangerous place for your baby is in your arms, (the "child crusher position"). Even at a low speed (30 mph) crash, your baby would be ejected from your arms and thrown with the same force as a fall from a three story building! You would actually crush your baby between the windshield and dashboard . . . please remember that parents should use seat belts, too!

There are local service organizations, AAA or hospitals, that rent or sell wholesale car safety seats at a minimal cost. Remember, everyone in the car must be buckled up. An unrestrained child or adult becomes a missile during an accident causing serious or fatal injury to other passengers. You need to set the correct example for your child.

SKIN

The baby's skin may appear "lacy" with cooling. Hands and feet may remain bluish for weeks and may feel cold for most of infancy. This just indicates an immature circulatory system - and is normal.

The soft spot on the baby's head is often noticed to bulge with straining or crying hard. This area is not very vulnerable to injury, so you can wash it.

A rash on baby's face may come and go spontaneously. It is especially noticeable around 3-4 weeks of age. It is due to oil and sweat glands that are beginning to function - and it is normal. Just keep the skin clean and dry.

CRYING

All babies cry - that's normal. Almost all babies have one or two fussy periods a day, usually in the late afternoon or evening. These may last up to two hours. This, also, is normal - not colic.

SLEEP

Newborns sleep 12-18 hours per day. It may be necessary to wake the baby during the day for feedings. All babies sneeze, yawn, hiccup, and spit-up, (often until 7-9 months of age). You can relieve hiccups with small drinks of sugar water or by burping the baby. Coughing and sneezing are both normal and are used to clear the nose and throat. Both are significant only if frequent and persistent.

NAVEL

The baby's navel, (belly button), must be exposed to air and treated with rubbing alcohol 3-4 times per day until the cord falls off. Try to keep the diaper folded below the navel. The cord usually falls off in 2-3 weeks and there may be slight oozing of blood after it falls off - this is normal.

CIRCUMCISION

If your little boy was circumcised - just apply Vaseline to the area at each diaper change and do not put the baby in the tub until the area is healed, usually 2-3 days.

BOWELS

Bowel frequency and consistency change as the baby gets older and the diet changes. All babies strain to some degree with stools - this is normal. Hard or rabbit-pellet stools can be softened by using four ounces of water with one teaspoon of dark Karo syrup daily. Breast fed babies tend to have frequent, very watery stools in the first few weeks.

IMMUNIZATIONS

Refer to immunization chart in baby book for immunizations due.

Immunizations and their schedules change according to the American Academy of Pediatrics recommendations. Check with your physician for changes/updates.

BABY'S DEVELOPMENT

Motor

Reflexes control arm, leg and hand movements
Wiggles and kicks fingers, arms and legs in all directions
Responds with total body to sudden changes, "startle reflex"
On tummy, lies in frog-like position or rolls in a ball
Head falls forward or backward when pulled to sitting position
Hands are in fists with a reflex grasp

Language

Cooing sounds, cries

Mental

Interested in patterns of light and dark
Focuses 8 inches in front (beyond that, vision is hazy)
Sensitive to the location of sound, quiets when picked up
Alert only about 20% of daytime, grips object if hand strikes it
accidentally, regards person momentarily
Stops sucking to look at something

BABY'S DEVELOPMENT (CONT.)

Social

Shows excitement and distress
Smiles spontaneously to sensory stimuli (Mom's voice)
Tries to focus on face or voice
Searches for breast, takes 7-8 feedings per day
Moves bowels often and sporadically
Sleeps 80% of day: 7-8 naps daily

* An important reminder, these milestones are guidelines only. All babies do not develop at the same speed, nor do they spend the same amount of time at each stage of their development. Usually a baby is ahead in some areas, behind in others. The descriptions you found in this handout and will find in future handouts is for a "typical" child. The concept of the "typical" child describes the characteristics one would expect to find at a given age. If, however, you have concerns regarding your child's development, please discuss them with the Doctor.

Please call our office between 7:30 a.m. and 6:00 p.m. with ANY QUESTIONS OR CONCERNS. That's what OUR part of YOUR team is all about!

CONGRATULATIONS!

Relax and enjoy this new miracle in your life!