

Feeding

- **Generally** expect your 2 week old to breast feed every 2 to 3 hours/on demand still. If they are formula fed/are taking a combination of breast milk/formula those intervals **may** be every 3 to 4 hours. The amount in a bottle a 2 week old can tolerate will vary but generally 1-4 ounces per bottle is typical. **A growth spurt is expected between 2 to 3 weeks of age.**
- **Generally** do not let your 2 week old go more than 4 hours without feeding until adequate weight gain has been established. **Your 2 week old should at least be back to birth weight by now.**
- **DO not try or expect your 2 week old to be on a feeding schedule!** 😊
 - **Elimination: Stool:** Expect stools frequency to fluctuate and the consistency to vary between being loose, watery, and soft. Colors may vary between yellow, brown, and green. **Expect your 2 week old to have more periods of gas/ perceived stomach upset over the next few weeks. This is related to normal bowel development.**
 - **Urine:** Generally, 6-12 wet diapers per day is expected.
 - **RED FLAGS FEEDING:** Consistently having to awaken your baby for feeding, consistent/persistent projectile vomiting, if breastfeeding & your baby is continuing to have difficulty with latching and nutritively sucking.
 - **RED FLAGS ELIMINATION:** Persistent red, mucousy, white, or black/tar appearing colored stool.

Behavior/Development/General

- Expect immature reflexes to continue (Sucking, rooting, grasping, & moro (startle) reflex). Head and neck stability should be improving slightly. They should move both arms and legs equally.
- Nasal congestion may or seem to continue. They will also snort, sneeze, & hiccup frequently, 😊 **Expect this for the first 4-6 weeks.**

Sleep

- Most full term, healthy 2 week old babies sleep 17 to 20 hours per day and rarely more than 3 to 4 hours at a time. He/she may be very hard to console at certain times of the day. You can't spoil a 2 week old so don't feel bad about walking or rocking your baby. 😊
- **Safest Sleep Includes: Back to Sleep,** Yes to Room Sharing (to promote safe sleep and successful breastfeeding), No to Bed Sharing, Yes to Pacifiers, No to Side sleeping.

Safety/General Reminders

- ☒ Please place your 2 week old on their **back to sleep** . **This is EXTREMELY important for the prevention of SIDS.**
- Please use a rear facing infant car seat in the back seat of your car.
- Use a fitted sheet in your baby's sleep space, avoid soft bedding, plush items/toys, crib bumpers, and avoid the use of loose blankets. Keep the temperature in your home between 68-72 degrees.
- IF your newborn has congestion and it seems to be interfering with feeding or sleep it is safe to use saline nose drops to clear/loosen up any visible nasal mucus. It is also safe to use simethicone gas drops as well.
- ☒ Do not give any fever reducing medication to your newborn unless directed to do so by your provider. If you suspect a fever check your newborn's temperature using a rectal thermometer.
- **Any temperature of 100.4 or higher taken with a rectal thermometer can be a sign of a serious infection. IF this occurs at any time prior to 8 weeks of age it requires immediate contact with your provider/our office to discuss the next best step.**

What to expect at Today's Visit

- ☒ Your 2 week old's weight, height, and head circumference will be measured. IF they have regained birth weight newborn screening testing (aka PKU) will be completed. This blood sample is obtained via a heel prick procedure.

PAVILION POINTS TO REMEMBER: YOUR 2 WEEK OLD

- 2 week old can see approximately 8-12 inches in front of them. Don't be alarmed if they look cross eyed intermittently. This along with gooey, goopy eye drainage (signs of a clogged tear duct) may continue.
- Breathing is very periodic, meaning they will breath rapidly several times, p-a-u-s-e, then breath again.
- You will most likely continues to see rashes. Expect this until at least 4 to 6 weeks of age.
- Newborn feeding, sleep, behavior patterns, skincare, diaper care, umbilical care, other newborn cares will be discussed at today's visit.
- Your newborn's next well visit will be at 1 month of age/per your provider's recommendation.