Well-Baby Checkup: 2 – 4 Weeks

CHILD'S NAME	DOB	DATE OF VISIT	NEXT VISIT	LENGTH	PERCENTILE	WEIGHT	PERCENTILE

Feeding Your Baby

All your baby needs for food is breastmilk or formula.

Breastfeeding	Every 2–3 hours
Formula Feeding (1½ ounces)	Every 2–4 hours

At this age, you will need to wake up your baby to feed if he or she has been sleeping for more than 4 hours.

BREASTFEEDING

- The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of a baby's life and also recommends that breastfeeding continues for the first year.
- If you are breastfeeding, talk to your health care provider about a vitamin D supplement.

FORMULA FEEDING

- Fortified infant formula with iron can be given instead of breastmilk.
- Do not warm breastmilk or formula in a microwave oven. It can burn your baby's mouth.
- Talk to your health care provider about a vitamin D supplement.

Your Baby's Cries – Never Shake

Crying is completely normal behavior. Crying is also how babies communicate. Your baby's cry can mean that he or she is hungry, feeling tired, frustrated or even lonely. Don't be afraid to respond when your baby cries – it won't spoil him or her. When your baby cries and you respond right away, your baby will learn to trust you. Babies who are picked up quickly when they cry during the first 6 months will cry less later.

It can be frustrating when your baby won't stop crying, especially if your baby has been sick. Take advantage of offers from trusted friends and family to help. But remember, no matter how tired or upset you are, even when you have tried everything to stop your baby from crying, **you should never shake your baby.** If you think your baby has been shaken or harmed, call your health care provider right away.

- Visit **purplecrying.info** or call the National Center on Shaken Baby Syndrome (NCSBS) at 801-447-9360 for more information.

Sleep Time

Babies do not have regular sleep cycles until about 6 months of age. As a reminder, your baby should **always** sleep on his or her back — for naps and at night until he or she is at least 1 year old. To reduce the risk of Sudden Infant Death Syndrome (SIDS), always put your baby to sleep on his or her back. Remember the "ABCs" for infant sleep safety:
Alone on their - Back and in their - Crib

For the first 6 to 12 months of life, have your baby sleep in your room, alone in a separate crib or bassinet near your bed. Bed-sharing is not recommended for any babies. This can help decrease the risk of SIDS by as much as 50%.

No Digital Screens for Babies

It is very important for brain development and healthy parent-child connections that babies under 18 months of age have **no screen time at all**. Even if your baby isn't looking directly at a digital screen like a cellphone, computer or tablet, the lights and sounds may still cause distress and sleep problems. Bond with your baby by putting the phone away.

The Scoop on Poop!

Your baby's poop can come in a rainbow of colors, including yellow, green or brown. In general, babies who are breastfed tend to poop more than formula-fed ones. As your baby gets older, he or she will poop less. If your baby's poop becomes more watery or if your baby is pooping more than he or she is eating, call your baby's health care provider.

Bathing

Only give your newborn sponge baths until the stump of the umbilical cord falls off, which usually happens when your baby is 1 or 2 weeks old. 3 baths per week during baby's first year may be enough. Bathing more frequently can dry out your baby's skin. Never leave your baby alone when giving a bath; even an inch of water can be deadly to your baby.

Reaching Milestones & Activities

All babies develop at their own rates. Keeping track of your baby's development is important. Your job is to provide help your baby to learn new things when he or she is ready.

AT 2 – 4 WEEKS, YOUR BABY MAY START TO:

- Smile at people
- Make "cooing" noises
- Have different cries for different needs
- Move his or her head from side to side while lying on stomach
- Develop some head control, but lots of support is still needed

If your baby was born earlier than expected, reaching his or hers milestones may be "off schedule" a bit. Talk to your baby's health care provider about any concerns or questions you may have.

You Matter Too!

CARING FOR YOURSELF

It's not unusual to experience strong emotions after the birth of a baby. If you continue to feel sad, anxious and depressed beyond a few weeks, talk to your health care provider. Postpartum depression can occur anytime in the first year. If you ever feel like harming your baby or yourself, call your health care provider immediately.

Get plenty of rest in the first months after your baby's birth. Take advantage of offers from trusted friends and family to help.

When to Call Your Baby's Doctor

Your baby's health care provider is always available if you have questions or concerns. Call your Avera clinic if your baby:

- Has a temperature of 100.4 degrees Fahrenheit or higher
- Cries a lot more than normal or can't be comforted
- Has trouble breathing
- Is limp or sluggish
- Hasn't had a wet diaper for more than 8 to 10 hours
- Is not taking breastmilk/formula

Safety Tips & Reminders

CAR SEAT – REAR-FACING

Always place your baby in an approved, rear-facing car seat. You can find out if your car seat is approved from the National Highway Traffic Safety Administration website at **nhtsa.gov/therightseat**.

BARE CRIB IS BEST

A bare crib is best as it creates a safe sleep environment for your baby. Your baby will spend much of his or her time sleeping, so your nursery should be the safest room in the house. Make sure your crib meets safety standards and has not been recalled. You can find out more information by visiting **cpsc.gov/safesleep**.

HOME SAFETY

- Set your home water heater's temperature to no higher than 120 degrees Fahrenheit to avoid burns to your baby. Avoid cooking or drinking hot liquids while holding your baby.
- Do not let people smoke around your baby. Remember, chemicals from smoking remain on clothing.
- Make sure smoke detectors and carbon monoxide detectors in your home are working. Make sure your fire escape plan includes your baby.

Help Your Baby Learn and Grow!

As your baby grows and develops, there are many things you can do to help your baby get a good start in life and gain independence.

SKIN-TO-SKIN CONTACT

Have skin-to-skin contact with your baby. Having physical contact can improve your baby's physical, emotional and mental development. Spend time holding, talking and singing to your baby without distractions. Bond with your baby by putting your phone away.

TUMMY TIME

Each day, dedicate 2 to 3 "tummy time" sessions for about 3 to 5 minutes each. That way your baby can practice lifting his or her head.

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