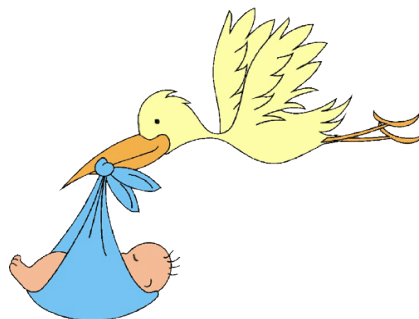


Important Points About Your 2 Week Old



Crying

It is normal for your baby to cry for a cumulative period of 2 hours a day. Some babies are harder to console than others and may be called “colicky.” Colic usually begins at 2 weeks of age, peaks at 6 weeks and resolves by 3 months. If your baby is unusually fussy check for fever, a hair tourniquet on a finger or toe, too much or too little clothing, or a possible dirty diaper.

If your baby is inconsolable for >2 hours contact our office!

Quick tips for consoling a “colicky” baby:

Swaddle

Side: While holding baby, place on side with her back to your abdomen

Suck: Can use a pacifier or your finger

Swing: Or bounce in your arms

Shhhh: Can use any “white noise” but volume should be loud enough that your baby can hear it over her crying.

A helpful book we recommend for soothing techniques is “The Happiest Baby on the Block” by Dr. Harvey Karp: www.happiestbaby.com

You can use Simethicone (Mylicon®) drops (0.3mL) for gas. Max dose is 12 times a day. You can also use Gerber Soothe® drops which contains a probiotic (5 drops one time a day).

SIDS

To reduce your infant’s risk of SIDS the following is recommended:

- **Back to sleep always!** No side or belly sleeping positions.
- Have your infant sleep in your room but in their own bed for the first 6 months of life
- No exposure to second hand smoke
- Provide a firm sleep surface with no loose bedding
- Avoid overheating
- Use a pacifier for naps and night time sleeping after 2 weeks
- Breast fed babies have a lower risk of SIDS

Fever

Remember, fever is a temperature 100.4 or higher. Take rectal temperatures only for the first 3 months of life. Call us immediately if your infant has a fever and is less than 3 months old.

Feeding

Continue to feed your baby at least every 2 to 3 hours. At 4 weeks of age, you can allow your baby to sleep and wake up on their own for feedings.

Rashes

'Newborn acne' is common at this age. It is the result of maternal hormones in the breast milk and will resolve without treatment by 2-4 months of age.

Cradle Cap (Seborrhea) occurs around 2 to 10 weeks of age. The rash looks like yellow crusts or scales in the eyebrows and on top of the scalp. Apply baby oil to the scalp for 30 minutes prior to bath time and then use a soft brush or toothbrush to exfoliate while shampooing. This should alleviate the problem after 2-3 separate washes. If it does not resolve with washes, a trial of over the counter antifungal cream such as Lotrimin® (1% clotrimazole) can be used twice a day. Come in for an office visit if the rash is not improving.

Vitamins

All infants need Vitamin D 400 IU per day. We recommend that all breast fed babies and those that take less than 32 oz of formula per day take a Vitamin D supplement. This helps to prevent weak bones and boost the immune system because most babies today do not receive sufficient Vitamin D from sunlight. **Baby Ddrops®** are recommended (one drop per day) and can be purchased at Whole Foods, Amazon.com or any natural grocery. You can also give **D-Vi-Sol®**, **Poly-Vi-Sol®** or **Tri-Vi-Sol®** (1mL once daily).

All mothers who are breast feeding should continue to take their prenatal vitamins daily.

Tummy Time

Allow supervised "tummy time" at least 4-5 times a day. Tummy time keeps your infant's head from developing a flat spot and helps her to achieve developmental milestones (ie rolling over, lifting head). **Rotate which end of the bassinette your infant sleeps in weekly.**

For additional reference material we recommend:

www.healthychildren.org

www.aap.org

Caring For Your Baby and Young Child, by the American Academy of Pediatrics
Baby 411, by Denise Fields, Ari Brown, M.D.

Touchpoints, by T. Berry Brazelton, M.D.