

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Two (2) Week Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Feeding

Your baby is growing! At this age a baby only needs breast milk or infant formula. Most babies take 2 to 3 ounces of formula every 2 to 3 hours now. Breast-fed babies should usually feed about 10 minutes at each breast during each feeding. Breast-fed babies may want to nurse as often as every 2 hours. Babies usually wake up at night to feed. This is normal. Cereal or baby food is not needed yet. Babies can have food allergies if solids are started too early. If your baby wants to feed more often, try a pacifier. Your baby may need to suck but not eat.

It is important to hold your baby during feeding. This is a good time to talk and play. Hold the bottle and do not prop it up. Propping a bottle may cause ear infections and other illnesses.

No solid foods, including cereal, should be introduced before 4 months of age.

Development

Babies are learning to use their eyes and ears. Smiling faces and gentle, pleasant voices are interesting for babies at this age. It is not uncommon for babies to have fussy periods, usually occurring at inopportune times. Some babies may not respond to the usual remedies (feeding, rocking, diaper changing, etc), but don't worry if nothing seems to work. This is normal and will pass as your baby learns other means to express himself.

Finer muscle control will be evident as your baby gains better head and eye control. Hearing is nearly fully developed and you will notice your child's head turn in the direction of noises.

Sleep

Babies usually sleep 16 or more hours a day. Healthy babies should be placed in bed on their backs. Sleeping on the back lowers the risk of sudden infant death syndrome (SIDS).

Bowel and Bladder

Most babies will strain to pass bowel movements. As long as the bowel movement is soft, there is no need to worry. Ask your doctor about bowel movements that are hard (constipation). Babies usually wet the diaper at least 6 times each day.

Car Seat Safety

An approved car seat is the safest way for babies to travel in cars. In fact, infant car seats are required by law. Infant car seats should be placed in a back seat with the infant facing backwards. The middle seat is usually the best place to put the car seat. Once in the car, the car seat should not move one inch in any direction. Don't just place him in the car seat, make sure the baby is strapped in.

Call Us If:

- Your baby develops a fever of 100.4 or higher, taken rectally.
- Your child is having feeding problems such as skipping two (2) or more meals, weakly sucking, etc.
- Your child shows a sign of an infection such as coughing, diarrhea, vomiting, breathing problems. etc.

Sadness

If you are feeling at all sad in caring for your infant, please let us know. These feelings are usually normal and will pass, but asking for help is the key to the cure.

Many mothers find the baby brings a lot of new work. Help from the father, friends and a relative is often very important at this time. Remember that advice and criticism from friends, neighbors and relatives usually has no scientific basis. We will make a careful evaluation of your baby's progress during well-baby visits. If you have doubts about your baby's development, ask us about it!