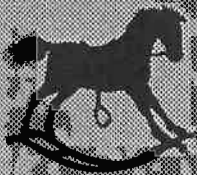


SKAGIT PEDIATRICS, LLP

Phone: (360) 428-2622



# TWO WEEK WELL CHILD CHECK



NAME: \_\_\_\_\_

WEIGHT: \_\_\_\_\_ HEIGHT: \_\_\_\_\_ HEAD SIZE: \_\_\_\_\_

**Your baby's growth:** Your baby is probably now at or above birth weight. Over the next few months your baby will gain anywhere from half an ounce to 2 ounces a day.

**Feeding your baby:** Your baby should continue to drink either breast milk or iron-fortified formula about every 2 to 4 hours. Your baby should not need extra water. Your baby does not need juice. Your baby shouldn't be given food.

Most parents can tell when their baby is hungry, but many wonder how to tell if their baby has had enough. Babies usually won't overeat. You can watch your baby's body language for signs that your baby has had enough. When babies are hungry, their bodies are tense: their arms are flexed and their fists are often clenched; if you gently tug on a hungry baby's forearm, you will feel resistance. Watch as your baby feeds and you will see that body tension fade as your baby becomes full: arms relax and straighten at their sides, hands open, and if you lift an arm, it feels limp. Totally full, your baby's mouth will simply relax and open, letting loose the breast or bottle nipple. You can offer your baby more at that point, but your baby won't take it.

**Your baby's development:** Two week old babies see well objects that are 12 to 18 inches away; that's just the distance your baby's face is from yours when you're holding your baby in your arms. When you're holding your baby, if your baby looks directly at you, your baby sees you clearly. When your baby is looking at you, you can slowly move your head to the side and your baby will follow your movement.

Babies hear well and recognize their parents' voices. Crying babies often can be quieted by talking to them.

Look at your baby, smile at your baby and talk to your baby. Your baby is learning from you right now how to be sociable, how to interact with others, how to communicate. Over the next month you will see your baby begin to smile and begin to coo in response to you.

Two-week-olds kick their legs, move their arms, lift their head and turn their face side to side. Allow your baby to experience movement in different positions. Though babies should be placed on their backs for sleep, they can be on their stomachs when awake. Change your baby's position often: sometimes on her back, sometimes on his stomach, sometimes in your arms.

**Crying:** Crying is one way babies communicate. Babies cry for many reasons: sometimes they're hungry, or their diaper is wet or soiled; sometimes they need to be held, and sometimes they need to be put down. Some babies cry more than others, but all babies cry sometime every day. Many babies around 2 to 3 weeks of age develop a fussy time in the evening. Evening crying increases until around 6 weeks of age, and then gradually decreases. It's usually gone by 3 months of age.

Some babies are consoled more easily than others, and what may console your baby one time may not help the next. Some babies calm when they're swaddled or held with their arms against their chest; others prefer to have their arms free. Most like to be held and rocked, talked to and sung to. Don't worry about "spoiling" your baby at this age, but it's also okay to put your baby down.

**If you're feeling overwhelmed by your baby's crying or feel that your baby is crying too much, come and talk to us.**