



Pediatric Development – Birth to 2 Weeks

Date: _____

_____’s growth record

Weight: _____ pounds _____ ounces

Length: _____ inches

Head circumference: _____ inches

DEVELOPMENT

During the next six months of life your baby is going to be growing and learning very rapidly. In this time period the average child will gain about one half to one ounce per day and grow about one inch every month.

Babies spend most of the time during the first few months of life sleeping. It is not uncommon for babies this age to be awake for only a few hours a day. The number of hours spent awake will increase as the child gets older. As the baby gets older, time that is spent crying may increase. You may notice fussy periods in the late afternoon or evening. Discuss with your doctor different things you can do to comfort your baby. It is not unusual for babies to be more active at night and sleep during the day. They soon will adapt to the family’s schedule.

At this time your baby most likely has wobbly head control, startles easily, has difficulty focusing with his or her eyes, sucks well, hiccups and sneezes occasionally to clear the airway. Also, you should notice that your child responds to being cuddled, rocked and carried. For infants, crying is the main form of interaction with you. This usually indicates that the child is hungry, uncomfortable or just needs to be held.

When babies get hungry prior to each feeding, you may notice that they start sucking on their lips and turn their head to the side when the cheek is gently stroked on that side.

Babies develop and grow at their own pace. Comparing your child with other children will not be helpful and may cause unnecessary worry. If you have any concerns, please call your physician’s office.

UMBILICAL CORD

The umbilical cord should be gently cleaned with rubbing alcohol three to four times a day or as your doctor recommends. It is very important to apply the rubbing alcohol to the base of the cord. The base of the cord should be left open to air as much as possible. If you notice redness on the baby’s abdomen or around the cord, notify your physician immediately. Some drainage is normal as the cord separates. The cord usually falls off in seven days to four weeks; however, sometimes it takes longer. Until the cord is off, do not give the baby a bath. Sponge bathing will be adequate.

CIRCUMCISION CARE/VAGINAL DISCHARGE

Care for circumcisions may vary based on the type of procedure performed by your obstetrician. Routine care includes applying Vaseline® or A&D ointment® and gauze to the tip of the penis with each diaper change. Irritability accompanied by swelling or discoloration to the penis should prompt you to contact your physician.

It is not uncommon for female infants to experience a small amount of vaginal bleeding or whitish vaginal discharge in the first few weeks of life. This is due to the effect of maternal hormones. The whitish discharge is healthy and does not need to be wiped away.

NUTRITION

Your baby should only receive breast milk or formula at this age. The baby should be held while being fed. Feedings are times of closeness for you and your baby. You should not prop the bottle. This practice can lead to tooth decay, choking, increased ear infections and other problems. Honey should not be given to the baby until his or her first birthday. Vitamin, iron and fluoride supplementation should be discussed with your physician.

BREAST-FEEDING

Your newborn will feed every one and a half to four hours. It is not uncommon for them to feed more frequently during growth spurts. Your baby should be having at least three to four wet diapers and may have three to four stools per day. Stools will appear yellow and seedy. Breast milk can be kept in the refrigerator for two days and in the freezer for longer.

FORMULA FEEDING

Most infants usually will consume two to four ounces per feeding. Burping your child between one to two ounces of formula will help decrease spitting. Your child should be having three to four wet diapers per day.

IMMUNIZATIONS

Discuss with your physician which immunizations your child should receive and the potential side effects. To help with the possibility of some of the side effects, Tylenol[®] (acetaminophen) may be given every four to six hours over the next 24 to 48 hours. If you have any questions about your child's reaction to the vaccine, please talk with your health care provider.

SAFETY

- While traveling in a car, the baby must be in a car seat that is securely placed in the center of the rear seat. The seat should be rear facing until the child is 20 pounds and 1 year of age. The law requires that a car seat be used.
- Never leave a baby on an elevated surface from which the baby may fall.
- The mattress in the crib should be firm and fit tightly with no space between it and the rails. The crib slats should be no more than 2-3/8" apart. Sleeping infants should be placed on their side or back.
- When clipping nails, it is best to do so while your baby is sleeping.
- Never leave your baby unattended in the tub for any reason.
- Carefully supervise young siblings and never leave the baby alone with pets.
- Smoke detectors should be placed on every level and in the children's rooms.
- Set your hot water heater temperature at 105 degrees Fahrenheit or medium. Always test the temperature of the water before bathing the baby. Never drink hot liquids while holding the baby.
- Make the home and car smoke free. Smoking places the child at increased risk for infections and sudden infant death syndrome (SIDS).
- Call the doctor if the baby has a temperature of 100.4 degrees Fahrenheit or greater. At this age, it is not recommended to use an ear thermometer.

If you have more questions, please do not hesitate to call your physician.