

PEDIATRIC ASSOCIATES OF SPRINGFIELD

1000 E. Primrose, Suite 560, Springfield, MO 65807 (417) 882-1600

TWO-WEEK CHECK-UP

FEEDING: Breast milk or formula in adequate amounts provides complete nutrition in the first six months of life. Typically, breast-fed babies feed 8-12 times a day, while formula-fed babies take 24-30 ounces a day during the next few months. All infants require a vitamin D supplement of 400 iU/day such as D-vi-sol or Baby Ddrops. Babies who receive more than 32 ounces of formula daily may discontinue this supplement.

After the first weeks, an occasional supplemental bottle can be given to breast-fed babies. This allows dad to participate in feedings, mom to get some rest, and baby to be more ready to accept a bottle when mom returns to work. Never prop the bottle or put the baby to bed with a bottle. Juice and water are not recommended at this age.

CRYING: Crying can stimulate feelings of guilt or inadequacy in parents at times and interferes with the enjoyment a baby should bring to a family. There is no such thing as the “right” amount of sleep or crying for your baby. Many babies are awake more and spend more time crying than you might think. Sometimes a baby who is overtired or overstimulated will cry as if in pain. When the baby cries, you should try to relieve any problems you can identify, such as changing a dirty diaper or feeding the baby. Rocking or walking with baby swaddled in a blanket or sleep sack can be soothing. A pacifier may be offered if the baby is feeding well but should be weaned by 6 months of age. Sometimes, when these methods do not help, laying the baby down to let him cry for a few minutes may help him relax, but should not be continued if the baby does not settle down in a few minutes. A popular resource for more solutions is [The Happiest Baby on the Block](#) (book or video).

ACTIVITY: Good sleep habits are easier to establish when you place the baby in the crib sleepy but still awake so she learns to put herself to sleep. Although some babies sleep better on their tummies, this has been associated with SIDS. The baby should be placed on her back to sleep. Babies should also play on their tummies frequently while awake to encourage muscle development and to avoid flattening of the head.

DEVELOPMENT: A baby of this age is becoming more sociable and alert. Her hearing is keen and she will enjoy looking at parents' faces and toys such as black/white mobiles. Activity gyms, seats with toy bars, and soft rattles will become attractive soon. Please make careful observations regarding your infant's vision and hearing. Let us know if the baby does not seem to hear or see well, as early intervention is the most effective. If you have concerns about your baby's development, call us during office hours or ask about these issues at your next checkup.

ILLNESS: During the first months, babies are generally healthy but susceptible to infections. Please limit the baby's exposure to people who have colds or other illnesses. Exposure to crowds or even individuals with mild illnesses may lead to serious illnesses for the baby. Sneezing is normal and not a sign of illness. Spitting up and frequent bowel movements are also not worrisome if the baby seems healthy otherwise and is gaining weight appropriately (1-2 pounds a month at this age).

Running a vaporizer or humidifier in the baby's room helps stuffy noses. Saline nose drops lubricate the nostrils and loosen secretions so they may be suctioned more easily with a bulb syringe. Too vigorous use of the bulb syringe may cause swelling and bleeding of the tissue lining the nose. **“Cold” medicines may have harmful side effects in this age group and should not be used.**

Diarrhea refers to the consistency of stools rather than the frequency. Soft frequent stools are normal. Constipation is defined by consistency also. A baby who has only two or three movements a week is not constipated if the stools are soft. In early infancy, breast-fed infants may have loose stools after each feeding. After this age, it is very common for breast-fed babies to completely change their bowel pattern from many stools a day to one every two or three days. As long as the bowel movements are soft and the baby continues to act well, this is normal. Hard stools are not normal even if there is one or more per day. Straining to stool is common in infants and does not signify constipation by itself. If your baby is passing only hard stools, please call the office. **Giving honey in the first year of life can cause serious illness and is not recommended.**

Observing a strong and full urine stream is important with baby boys. If the baby consistently dribbles urine or seems to strain to urinate, please call the office.

Rectal temperature over 100.4 degrees should be brought to our attention immediately. Digital rectal thermometers allow readings to be obtained quickly and accurately. Glass mercury thermometers are no longer used. Ear, pacifier, and forehead thermometers are not recommended at this age.

A baby whose appetite decreases suddenly or who appears to be losing weight may be sick even if there is no fever. Any baby who is sick at this age should be examined by a provider early in the illness.

Regular exposure to cigarette smoke is harmful for your infant and contributes to ear infections, colds, asthma, crib death and later cancer. Smokers should not smoke in the house or car but rather step outdoors to smoke. The American Cancer Society can provide information on stop-smoking programs.

SAFETY: You will discover that your baby's safety is often related to his ever-changing skills. For example, a baby can often scoot off a bed or sofa even before he can fully roll over. Anticipation of new skills will help you protect your child. Use an approved safety seat for all car and plane trips. Children should not use seats equipped with air bags until they are adult size. Make sure your home has appropriate smoke detectors. Use only unbreakable toys without sharp edges or small parts. Keep sides of playpens and cribs up. A link to the government safety website which includes recalls is on the Parent Resources tab of this website.

When planning a trip away from your child, please leave a letter with her caregivers including medical conditions, past surgeries, medications, allergies and immunizations, as well as a copy of your insurance card.

IMMUNIZATIONS: Immunizations are vital to protecting your baby from life-threatening infections. We follow the recommendations of the American Academy of Pediatrics and are constantly reviewing new information on vaccine safety and availability in order to keep your children as healthy as possible. Please let the scheduler know to give us extra time

with your next well visit if you wish to discuss any concerns. We have included several excellent links on the Parent Resources tab of this website.

OFFICE CALLS: When calling for advice, please have your questions organized with a pencil and paper handy. If the baby is ill, please take the rectal temperature before calling (no need to add to the actual reading). Routine calls should be made during regular weekday office hours. Emergency calls may be placed through the office number whenever we are not in the office.

APPOINTMENTS: Preventive care visits (well child check-ups) are an essential part of your baby's health. These are an opportunity to discuss changes and concerns about diet, sleep, developing skills, safety, and immunization issues. The next few visits at this age will be at 2 months, 4 months, and 6 months. Please read the Appointments page of this website for details on scheduling well and sick visits.

IMPORTANT PHONE NUMBERS:

Office (417) 882-1600

After hours (877) 599-8962

Fax (417) 631-0119

Poison Control (800) 392-9111