

## Well-child checkup: 1 to 2 weeks

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Immunizations received: \_\_\_\_\_

Next visit: \_\_\_\_\_ Immunizations needed: \_\_\_\_\_

Remember to bring your baby's vaccine record with you.

Congratulations on your new baby! This sheet is meant to answer some common questions you may have during the first weeks at home with your newborn.

### Nutrition

Breast milk or formula with iron is all the food babies need for the first several months. Many babies spit-up during and after feedings. Feeding is an important bonding time. It tells your baby that you are there to meet his needs.

### Breastfeeding

Breast milk provides nourishment **and** protection from illnesses. It takes time for both mother and baby to adjust to breastfeeding. Your baby may nurse 8 to 10 times in 24 hours. The more your baby sucks, the more milk is produced.

### Bottle feeding

Your baby may take up to 2 to 3 ounces of formula at each feeding. Be sure to follow directions on the formula container on how to mix and store it correctly.

Hold your baby during feedings. **Do not** prop the bottle in your baby's mouth. This can cause ear infections, choking, and future tooth problems.

### Diaper changes

Your baby should have at least 5 to 6 wet diapers per day. This means your baby is getting enough food. It is normal for breastfed babies to have loose bowel movements. Hard, infrequent bowel movements mean your baby is constipated; call the clinic if this happens.

### Sleeping

Babies should sleep on their backs on a firm mattress covered by a fitted sheet. Use one light blanket. Keep loose bedding, including bumper pads and soft toys, out of the crib. These measures are proven to help prevent sudden infant death syndrome (SIDS).

During the first few weeks, most newborns wake up for a feeding every 2 to 4 hours.

### Development

Babies develop at their own rate. During the next two months, you may notice that your baby can:

- look at you.
- squeeze your finger.
- startle at the sound of a loud noise.
- suck on a nipple.
- turn his head toward your face.

Crying is the way babies tell you they need something. If your baby is fussy and you would like suggestions for comforting, see the tip sheet “Crying babies.”

## Learning through play

Brightly colored toys, soft music, gentle touch, singing, talking, and reading to your baby help with development. It’s never too early to read to your baby.

## Safety

Use an infant car seat correctly, in the back seat, every time your baby rides in the car. It’s the law and car seats save lives.

**Never leave your baby alone in the car,** even for a few minutes.

Your baby will learn to roll over before you know it, so be sure not to leave your baby alone on a bed, table, or couch.

Have smoke detectors in working order.

**Never shake your baby.** If you find yourself becoming too upset, put your baby in a safe place and go to another room until you feel calmer.

**Never** hold your baby while smoking, drinking hot liquids, or cooking.

**Don’t** tie a pacifier around your baby’s neck; it could cause choking.

**Never** use talcum powder – the dust can be harmful to your baby’s lungs.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have any concerns about safety for you or your child.

## Positive parenting

This is a time of adjustment for all family members. Babies need lots of love and patience. Help your baby develop a sense of trust and security:

- feed when hungry
- change when wet
- comfort when crying
- hold securely and often

Don’t worry about spoiling your baby by picking him up if he is crying.

Don’t worry about letting baby cry for a few minutes if you need a break and there is no one else to help.

You may receive a lot of advice and some of it may be conflicting. Learn to trust yourself and your own knowledge about your baby’s needs. Your baby will grow fast, so enjoy this time as much as possible.

- Rest when you can.
- Eat healthy foods.
- Have fun with your baby.
- Ask for help when needed.

## Preventing illness

Make sure everyone in the family washes hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don’t smoke in the home or car.

## When should I call the clinic?

- rectal temperature higher than 100.4° F
- feeding problems
- forceful vomiting more than twice
- hard, infrequent bowel movements
- if you are worried about your baby
- trouble breathing – **call 911**

## Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

### Resources at Children's of Minnesota

Minneapolis clinic (612) 813-6107  
St. Paul clinic (651) 220-6700

#### **Breastfeeding Resource Center**

Minneapolis (612) 813-7654  
St. Paul (651) 220-6250

#### **Family Resource Center** (health, parenting, and community resource library)

Minneapolis (612) 813-6816  
St. Paul (651) 220-6368

**Parent Warmline** (612) 813-6336  
(child development and behavior)

**Web site** [www.childrensmn.org](http://www.childrensmn.org)

(includes information about visiting Children's, illnesses, and parenting, as well as Children's Medical Organizer—a free easy-to-use Web site to help organize your family's medical history)

## Community resources

**2-1-1 Phone Helpline** (confidential information and referral to thousands of community services) dial 2-1-1, or (651) 291-0211

**Child safety seat inspections** (free) (information about the nearest location) 1-866-SEAT-CHECK [www.seatcheck.org](http://www.seatcheck.org)

**Early Childhood Family Education** (classes about raising young children) Call your local school district.

**Minnesota Tobacco Helpline** (for help to quit smoking) 1-888-354-PLAN (1-888-354-7526)

**Poison Control Center**  
toll-free number: 1-800-222-1222

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