

WELL BABY CARE Two Week Check-Up

This check-up will be done primarily to check your baby's weight and to let you ask questions. We will give the baby a complete physical. Your baby will not receive any immunizations yet. Here is the schedule for the first 18 months for vaccines and visits:

- ❖ **Birth:** Hepatitis B
- ❖ **2 months:** Pediarix (Diphtheria, tetanus, whooping cough, polio, and Hepatitis B), Hib (haemophilus), Prevnar (strep pneumococcus), & Rota Teq
- ❖ **4 months:** Pediarix, Prevnar, Hib and Rota Teq
- ❖ **6 months:** Pediarix, Prevnar, Hib and Rota Teq
- ❖ **9 months:** Hematocrit (Blood count)
- ❖ **12 months:** MMR(measles, mumps, rubella), Varicella(chicken pox), Prevnar, & Hepatitis A
- ❖ **15 months:** DTaP (diphtheria, tetanus, whooping cough), and Hib
- ❖ **18 months:** Hepatitis A

FEEDING:

If you are breast feeding, your breast milk should be in by now. You may be feeling what is called "let down reflex." The most important thing is whether or not your baby is gaining weight. That will really tell us whether your milk supply is in. Also, another sign of adequate milk intake is if your baby is urinating enough-your baby should urinate 4-6 times in a 24 hour period. If you are bottle feeding, your baby will drinking anywhere from 1 to 2 ounces every 2-1/2 hours. If you are bottle feeding, your baby will be getting enough vitamins through the formula, so you will not need to add any vitamin supplements.

CAR SEATS:

You should have obtained an infant seat by now to take your baby traveling in your car. If you have not done so, please do so immediately. The car seat should face the back, and be in the middle preferably. Some of the newer cars have a latch system on them-if your car has that, it is alright to put the car seat on the side. If you have a hard time placing your car seat or are not sure, call the local fire department. They will be happy to help you.

SLEEPING:

Your baby should not be sleeping through the night. Babies need the extra night feedings until they are approximately 15 pounds. Your baby should be sleeping on his back or side. Also, place your baby in a different direction each night-this helps prevent flattening on one side of the head. This is a very good time in your baby's life for you to do some traveling. Babies at this age sleep so well and are so easy to care of, that it is not a bad idea to take advantage of this period and go visit your relatives or go out to the movies. In the first 1-2 months it is very important that the baby does not come into contact with sick people &



remind people to wash their hands before playing with your baby. We do encourage all parents to spend an occasional evening away from your baby. By your baby's first birthday, it is not a bad idea to have spent at least a full night away.

EMERGENCY:

Any fever greater than 100.4 (rectally) is an emergency. Your baby needs to be seen immediately for this. Because of this, do not use Tylenol or any fever reducer in the first two months; this can mask a fever. Also if your baby is not waking, even if you take the babies clothes off or make lots of noise, your baby needs to be seen immediately.

SAFETY:

Your water heater should be set at <120 degrees F. This prevents scalding of baby's skin. If you have gas in your home you should have carbon monoxide detectors.