

TWO WEEK CHECKUP

COMMON CONCERNS:

- **Cradle Cap** - This looks like dry scales on the baby's head. It can be treated using the soft plastic brush that you received in the hospital to scrub the head lightly with shampoo.
- **Soft Spot** - Your child will have a soft spot on the top of the head for almost a year. This is an area where the bones have not yet fused. It is actually quite tough and not easily injured. In many children, you can actually see it pulse with the heartbeat.
- **Runny Eyes** - It is very common for children under 6 months to have drainage or mattering of one or both eyes. The eyes' "drain pipe" is very small and often clogs causing the eyes' secretions to spill out over the eyelid. Keep them clean by using warm water on a cotton ball. Call the office if redness develops.
- **Fever** - Obtain a rectal thermometer so that when you think your child has a fever you can take a rectal temperature. Moisten the tip with K-Y Jelly or Vaseline and insert it into the anus about ½ inch. When taking a temperature this way, anything over 100.5°F/38.1°C is a fever.
- **Rashes** - Numerous mild rashes occur in infants, primarily on their faces. Most look like red bumps and will cause your baby no harm. Diaper rashes are best treated by frequent diaper changes, using ointment, and leaving the diaper off or loose for 2 hours per day allowing the bottom to dry.
- **Crying** - There are four basic types: (1) hunger (2) wet (3) pain (2 ½ hours non-stop) (4) bored/frustrated (your infant is trapped inside a body that can't read, jog, walk, or talk- may want to cry off and on for an average of 3 hours per day)
- **Stools** - Normal stools vary from yellow to green to brown and are often quite runny; in addition, they can range from one stool per feeding to one stool every two-four days.
- **Sleep** - Babies average 16-18 hours per day and sleeping habits often change weekly during the first few weeks but range from 10-20 hours per day.
- **Sneezing & Congestion** - It is common for infants, with their small noses, to frequently sneeze and/or sound congested. This is usually not a problem. If the congestion worsens, you may wish to use saline drops. Place 2-4 drops in each nostril as often as needed. Wait 30 seconds and use a bulb syring if lots of mucus is present. A cool mist humidifier at the bedside may also help.
- **Pacifiers** - Contrary to many grandmothers, I feel that pacifiers may soothe many babies and harm none.
- **Extra Water** - It is not usually necessary to feed your baby extra water, but it may be useful, especially if their mouth feels dry to you.

SAFETY:

- **Fire** - Install smoke detectors. It will now take longer to get your family out of the house.
- **Scalds** - Do not try to carry a baby and coffee at the same time.
- **Neck Support** - When picking up or carrying your baby, give him/her secure head and neck support.
- **Car Seats** - Always use a car seat. Your child should face the rear until he weighs at least 20 pounds, but longer is better.

SUGGESTIONS:

- Mother needs half a day a week off from baby care and one night out a week.
- Supplemental bottle- If breastfeeding, begin giving the baby an occasional supplemental bottle, so that when necessary, baby will take a bottle.

- Bottle fed babies will get fluoride from the water if the formula is mixed with most city water supplies. All required vitamins are already in the formula.
- Bottles should be washed well. It is not necessary to boil them. Pacifiers and nipples should be boiled occasionally.
- If giving formula, offer about $\frac{1}{2}$ oz. more than your child usually takes, but do not encourage them to finish the bottle. Most children will take about 3 oz. for each pound of their weight over a 24 hour period (i.e. 9 lbs. x 3 oz. = 27 oz. per day). Try to space feedings every 3-4 $\frac{1}{2}$ hours during the day.

NEXT ROUTINE CHECK-UP is at 2 months of age, which is also when the first immunizations are due. However, if things are going a little rough, you may wish to make an optional visit at one month of age.

Good Luck!

Dr. Dawson