



Two Week Preventive Exam

Development

After losing up to 10% of her body weight, your baby should now be returning to birth weight. Most babies sleep a lot during the first one to two weeks of life. By a month of age, she should be more alert, with definite wakeful periods. She should definitely be able to see and hear. Her best seeing distance is about 1 ½ feet away. When sitting on your lap, she should be able to recognize your face. She should startle in response to loud noises. Remember to put her in an approved, rear-facing infant car seat whenever you're driving with her. When asleep, she should be on her back, not on her tummy or side. Sleeping on the tummy or side has been proven to be a risk factor for SIDS (sudden infant death syndrome). Click here for the [SIDS page](#) in the parent information section of our website for more information. Do not leave her alone on a counter or bed. Babies have found ways to wiggle and fall! Please limit taking her to public places like restaurants and malls for the first several weeks of life, until her immune system is stronger. Frequent hand washing or use of hand sanitizer is the best way to prevent the spread of infections.

Diet

Your baby should be taking either breast milk or formula. Feedings should be on demand, but we suggest offering him a feeding about every 3 hours during the day. This will help him to feed more during the day and to sleep better at night. During the night, you do not need to wake him for feedings. We wait to introduce solid foods until at least 4 months of age. Breast feeding moms should continue to take prenatal vitamins while nursing and breastfed babies should be on a vitamin D supplement until 1 year of age. You can easily find DviSol or TriViSol at pharmacies (1 dropper daily). Another option is D-Drops (the dose is just 1 drop per day, which can be given to the baby by placing the drop on the mother's nipple right before feeding). Formula fed babies get adequate vitamins from their formula. Beginning at about two weeks of age, many parents of breast feeding babies offer their babies occasional bottles of either pumped breast milk or formula (one bottle every other evening is sufficient). This keeps your baby in practice with bottles so you'll be able to leave him with a sitter and you'll have an easier time weaning him when it's time.

Illness

During the first 2 months of life, babies are more susceptible to illnesses. Therefore, it's best for you to call us if your baby becomes ill. Signs of illness include any fever (rectal temperature greater than 100.4); unusual fussiness that isn't improved by consoling her; lethargy (too sleepy, difficult to arouse for feedings); or dusky, blue skin. Especially during these first few months of life, if you feel uneasy about how your baby is acting, it's best to call our office. You can reach us any time by calling our office number, 520-648-KIDS.

Your baby's next well check should be at 2 months of age. Now is a good time to make sure your hot water heater is set to no more than 120 degrees, that your smoke detectors are working, and to ensure that any firearms you may have in the house are safely locked up.