



At Takat a Village...

### **Your child is a sleepy 2 week to 1 month old...**

Infants this age spend most of their time sleeping. Parents are beginning to pick up on cues from the baby, such as when the baby is hungry, needs his/her diaper changed or needs attention. This information sheet will help you to know what to expect over the next 6 weeks and also when to call our office for further advice/assistance with your new baby.

#### **Development:**

- Cooing/smiling responsively
- Lifts head and neck when on stomach
- Has some head control in upright position

#### **Safety:**

- Place infant on back to sleep/stomach to play
- Never leave infant unattended
- Avoid strings on toys/pacy
- Infant should be placed in rear facing car seats

#### **Nutrition:**

- Formula should be iron fortified
- Infants this age usually increase feedings to 4 ounces every 4 hours instead of 2-3 ounces every 3-4 hours
- Breastfeeding (infant stool varies anywhere from 5-6 times daily to once every 5 days when breastfed)

#### **When to call for our advice:**

- Fever that reaches or is above 100.4 rectally
- Infant does not look right
- Persistent diarrhea/vomiting
- Irritability/sleeps too much
- You have questions/concerns

This is a time of adjustments for the new mom. Due to lack of sleep and hormonal shifts, mom may be feeling a little down and not herself. We encourage you to take time for you and please call if you have any questions/concerns. Once you see your baby smile for the first time and hormones begin to stabilize, things will become easier.

If you have any questions/concerns, please call our office at 969-9611 and we will be happy to assist you. Enjoy your sweet baby!