



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 to 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!