

# Kids First Pediatrics on 30

## 2-4 Weeks

**What should my baby eat?** DO NOT USE MICROWAVE TO WARM FORMULA OR BREASTMILK!

- Breast feed or bottle feed every 2-3 hours during the day
- If on formula, make sure that it is iron-fortified formula
- When feeding, hold baby in a semi-sitting position, no bottle in bed
- No solids until 4-6 months

### **What should I do about crying?**

- Crying in the late afternoon and early evening may increase during the first 6 to 8 weeks
- 2-3 hours of crying a day is normal in the first 3 months
- Check to see if the diaper needs to be changed/is baby hungry?
- Console baby by talking to and holding him/her
- Swaddle baby/try "white noise" like static
- Your baby may be colicky, so ask your pediatrician for suggestions

### **How can I keep my baby safe and healthy?**

- Always buckle your baby into a rear-facing car seat. Your baby is safest in the backseat, away from airbags (Middle backseat is best!)
- Always put the baby on his/her back to sleep!** & ensure that baby's mattress is firm/fits snugly to the crib
- Always keep one hand on your baby; Never leave baby alone in a tub of water, changing table, sofa, bed, or any other high places; Baby really can roll off!
- Make sure the baby's environment is smoke-free, and there is a Carbon Monoxide detector
- In Summertime keep baby protected from sun. No sunscreen yet- use sunhats/bonnets

### **What can I expect from my baby?**

- Crying/colic (usually evening time), sleeping, personality, straining with stools, lots of gas

### **What are some signs that my baby is sick?**

- Spitting up, sneezing, and hiccups are normal
- Do not give your baby any medications unless your pediatrician tells you to!
- Signs of illness include: fever (higher than 100.4), failure to eat, vomiting, diarrhea, unusual irritability, and coughing
- Always call the office with any questions or concerns 219-322-8534

### **By 2 months, what should my baby be able to do?**

- Hold head up with a little help
- Smile, coo, and "talk" back when you repeat your baby's sounds
- Have "tummy-time" when awake to strengthen neck muscles
- Likes bright colored mobiles, toys, and mirrors
- Might enjoy "standing" on feet with help
- Baby will use hands more and have better head control

### **When is my baby's next checkup?**

Your next appointment will be at 2 months. Your baby will receive the Pediarix (DTAP, IPV, Hep B), Rotavirus, Hib & Prevnar vaccines. If your insurance doesn't cover AAP recommended immunizations- you can always get them at the health department. Just ask us for info if you need it. **Remember to bring all medications, vitamins, and other supplements you give to your baby to every appointment with a list of any questions or concerns that you may have.**