



Development

Congratulations on making it through the first week. If you're like most new parents, you're probably feeling excited, but at least a little overwhelmed and exhausted. Life should gradually improve so hang in there. New infants spend most of their time either eating or sleeping. Some are fussier than others and late afternoon or evening can be an especially cranky time. After trying some basic measures like diaper change or feeding, try gentle rhythmic motion like walking with your baby on your shoulder, rocking, or swinging in a reclining infant swing. Sometimes a ride in the car can be helpful. Make touching your baby (caressing, massaging, holding in your arms, skin-to-skin, carrying, etc) an important part of your everyday activities. This physical contact helps your baby feel secure and helps to form a strong parental-child bond. Start tummy time during awake periods.

Diet

After losing up to 12% of body weight, your baby should be returning to or be close to birth weight by 2 weeks. Your baby should be taking either breast milk or formula. Feedings should be on demand, about every 2 to 3 hours or more if your baby is cluster feeding. Unless advised otherwise by your doctor, you may allow your baby to sleep >4 hours at night and not awaken them for a feeding. Vitamin D is the one nutrient that is lacking in breast milk, so we recommend a vitamin D supplement for all breastfed babies. You can easily find D-Vi-Sol or Tri-Vi-Sol 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). If you are using formula, a standard cow's milk-based formula with iron usually provides sufficient Vitamin D once she is taking 32 oz or more of formula per day. Beginning at about two weeks of age, many parents of breastfed babies offer them occasional bottles of pumped breast milk or formula (one bottle every other evening is sufficient). This keeps them in practice with bottles, so you'll be able to leave them with family or a sitter when you are ready.

Safety

Your baby should always sleep on their back, not on their tummy or side. Sleeping on the tummy or side has been identified as a risk factor for SIDS (sudden infant death syndrome) and should be avoided. For more information on the prevention of SIDS, see the SIDS page on healthychildren.org. Also, be sure to use an approved car seat for every ride in the car. They are critical for preventing major injury in case of an accident. Your child should be in the back seat in a rear-facing car seat until they have outgrown the limits of the manufacturer's guidelines and are at least 2 years of age. Never leave your child alone in the car for any reason, even briefly. It's important to keep your car, home, and other places where your baby spends time free of tobacco smoke and E-cigarette vapor.

Smoking affects the baby by increasing the risk of asthma, respiratory infections, and sudden death. Limit exposure to public places like restaurants and stores for the first several weeks of life, to give your baby's immune system time to grow stronger. Frequent hand washing or use of hand sanitizer is the best way to prevent the spread of infections.

Illness

During the first 2 months of life, babies are more susceptible to infections. Therefore, it's best for you to call us if your baby becomes ill. Signs of illness include any fever (temperature greater than 100.4 rectal); low temperature (<96.5); unusual fussiness that isn't improved by consoling; lethargy (too sleepy, difficult to arouse for feedings); breathing difficulty; 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 (648-5437). Make sure you and other family members have had Tdap (Tetanus, Diphtheria, and Pertussis) and Influenza vaccines. We provide these vaccines for family members at our office.

What to expect at this visit

Mother should fill out the postpartum depression screen before the visit. We will obtain the second newborn screening test, a simple heel stick, if not already done. Your baby's next well check should be at 1 month of age unless the doctor determines your child needs an additional appointment. If mom did not receive the RSV vaccination (Abrysvo) 2 weeks or more before delivery your baby may be eligible to receive the RSV antibody (Beyfortus) during RSV season (March–October). If Hepatitis B vaccination was not given at birth, we recommend your baby receive it today.

Beyfortus



Hep B

