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## Two Week Well Child information

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### ENCOURAGING DEVELOPMENT

- Place your baby on his or her tummy for supervised periods during the day for "tummy time." This helps muscle development.
- Hold, cuddle and interact with your baby when he or she is calm or crying. This develops your baby's social skills and emotional attachment to parents and caregivers.
- Read books daily to your baby. Choose books with interesting pictures, colors and textures.
- Find baby-safe brightly colored toys and objects.

### SKIN CARE

- Protect your baby from sun exposure. Cover him with clothing, hats, etc. Sunscreen is not recommended for children under 6 months.
- Bathe your baby every few days with a gentle soap.
- Clean your baby's outer ear with a washcloth. Do not insert cotton swabs into the baby's ear canal.

### SAFETY

- Set your water heater at 120 degrees F.
- Equip your home with smoke and carbon monoxide detectors.
- Keep all medicines, poisons, chemicals, cleaning products out of the reach.
- Keep small objects and toys with loops, strings or cords away from your baby.
- When traveling, your baby should always be restrained in a rear-facing car seat. For a free car seat check from a certified technician, call 515-295-4430.

### NUTRITION

- Breast milk is all your baby needs for the first 6 months. If you are not breast feeding, iron-fortified formula should be used.
- Most babies eat every 2 to 4 hours.
- Feed your baby when he or she seems hungry. Signs of hunger include putting hands in mouth, fussing, nuzzling into mom's chest.
- If bottle feeding, always hold your baby. Never prop the bottle.
- Breastfed babies should be given a Vitamin D supplement.
- Spitting up is common. Try burping more frequently or keeping your baby upright after feeding. If your baby is gaining weight and happy, spitting up does not need to be treated.

### SLEEP

- At this age, most babies take 3 to 5 naps each day and sleep between 16-18 hours per day.
- Pacifiers may be used. They have been shown to reduce the risk of sudden infant death syndrome (SIDS).
- The safest way for your baby to sleep is on his or her back. This reduces the chance of SIDS.
- Keep soft objects (blankets, bumper pads, stuffed animals) out of the crib.
- DO NOT allow your baby to share a bed with adults or other children.

**NEXT WELL CHILD VISIT: 2 MONTHS**