



Well Child Visit 2 WEEKS

General Pediatrics Department
U.S. Naval Hospital, Okinawa

Date: _____ Weight: _____ Length: _____

Feeding:

1. The simple diet of breast milk or iron-fortified formula is all your baby needs for the first 4 months of age. Solid foods, juices, cow's milk given too early can lead to allergies, anemia, and poor nutrition. Babies do not need extra water. They are very sensitive to water and can get water overloaded very easily.
2. Feed your baby on demand. Most babies will take only what they need, you can let them feed until they indicate they are finished, usually by falling asleep or stopping their sucking. If your baby is wetting 6-8 diapers a day and gaining weight appropriately, your baby is feeding adequately.
3. Babies should not be laid flat on their backs while feeding and bottles should always be held by a caregiver and not propped up.
4. Never heat formula or breast milk in a microwave because the milk may heat unevenly and burn your baby.

Breastfeeding:

1. Breast milk can pass along some factors that help to fight infections.
2. Many medications can pass through breast milk, so be sure to ask your doctor for safe choices.
3. Breastfed babies digest their milk faster than formula fed babies, thus usually feed more frequently, 8-12 times/day. Babies should be burped every 5-10 minutes while feeding and at the end of feeding.
4. Freshly expressed breast milk is good for up to 48 hours refrigerated and 3-4 months in a refrigerator freezer. Avoid heating very warm water or boiling breast milk as this can harm the proteins in the milk. Breast milk that has been thawed may be refrigerated for up to 24 hours. It should not be re-frozen.

Formula Feeding:

1. The 3 forms of formula are: Ready-to-Feed, Concentrate, and Powder. Be careful to follow directions exactly when preparing the different types of formula. Never dilute formula more than instructed. Prepared formula is good for up to 24 hours refrigerator.
2. Formulas should be fortified with iron. Iron is needed to make new blood cells, so babies on no-iron or low-iron formulas are at a high-risk for anemia.
3. Test the temperature of heated formula before feeding by shaking well, then dropping a few drops on the inside of your wrist. Room temperature formula does not need to be heated.
4. Do not save formula from a used bottle because bacteria from your baby's mouth may have mixed during feeding.
5. Bottle fed babies take about 6-8 feedings a day. Average formula intake for babies are 18-22oz/day for one week old babies, 22-26oz/day for one month old babies.
6. Burp your baby after every 1-2oz and at the end of a feed.
7. Let your baby decide when he/she is done feeding. Do not force your baby to finish what you have prepared. If your baby begins to finish all of the prepared amount, add an extra 1/2 to 1 oz to the next feeding.

Sleep:

1. Place your baby on his/her back or side to sleep. Never place pillows, toys, or blankets under or around your baby.
2. Place your baby in the crib when drowsy, before he/she is completely asleep.
3. Many babies do not sleep through the night for several weeks. You can help by establishing a consistent nighttime routine now. Keep nighttime feeds quiet and put your baby promptly back to bed after the feed.

Safety:

1. **Crying and shaking:** Never shake your baby. Shaking can badly damage your baby's brain. Put your baby in a safe place, like the crib or playpen and give yourself a "time-out."
2. **Choking:** Keep plastic bags, buttons, and other small objects out of your baby's crib and out of reach.
3. **Burns:** Always check your baby's bath water temperature with your hand before placing your baby in it. Your water heater should not heat water above 120° F (49° C). Use your smoke alarm and check it monthly. Protect your baby from the damaging rays of the sun.
4. **Falls and injuries:** Even newborns will wiggle and move and fall. Never leave your baby unattended on the changing table, bed, or sofa. Always keep crib rails up when your baby is in the crib. The bars should be no more than 2-3/8 inches apart (width of a regular soda can). Place a washcloth on the bottom of the bathtub or sink to keep your baby from slipping. Avoid hanging toys or pacifiers with elastic, string, or ribbon because they can strangle your baby.

5. **Car accidents:** Your baby should always ride in an approved, properly-installed infant car seat, even on short trips. The car seat should face the rear of the vehicle until your baby is 20 pounds and 1 year old. The safest place is in the center of the back seat. Do not place the car seat in the front of the vehicle. Never leave your baby alone in the car.
6. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Falling ashes can burn your baby. Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.

Parent tips:

1. **Bathing:** Little to no soap is needed to keep a baby clean. Babies usually only need baths every 2-3 days. Always check bath water temperature with your hand before placing your baby in it. To prevent burns, make sure your water heater does not heat water above 120° F (49° C). Keep one hand on your baby at all times.
2. **Crying:** May increase during the first 6-8 weeks (usually about 2-3 hrs/day). You may recognize specific types of cries when your baby is hungry, cold, wet, tired, or wants to be cuddled. Many times, there may be no identifiable reason for the crying and there may be a period of fussiness late in the day that usually begins between 3-12 weeks of age. Tips: try wrapping your baby snugly in a blanket, rocking your baby to and fro, placing your baby next to white noise from a TV or radio, or taking your baby for a car ride.
3. Many normal babies strain, grunt or turn red in the face with bowel movements. Normal stool frequency can be quite variable from every feed to once a week. Normal stool consistency can also vary considerable from loose and seedy to soft and pasty. The number of bowel movements may decrease between 1-2 months of age. Constipation refers to hard, pellet-like stools. Iron-fortified formula does not cause constipation.
4. Normal babies hiccup, sneeze, startle, and have an occasional throw-up of a single feed.
5. Hold, cuddle, sing and talk to your baby. Attend to all their needs. They cannot be spoiled at this age.
6. Babies soothe themselves by sucking. Your baby's thumb or fingers, or a pacifier can help to satisfy this need. Select a pacifier constructed in one piece. Never tie the pacifier to the face or neck.
7. Your baby's sleep-wake cycle may be confusing and tiring. Try to nap when your baby does.
8. Remember to take time for yourself. Arrange to spend some time alone with your other loved ones.

Over the next few weeks, you can expect your baby to:

- Be able to lift and turn his/her head side-to-side when lying on his/her tummy.
- Watch close objects (approx. 1 foot away) and follow them with their eyes for a short time.
- Smile in response to being talked to or played with.

Blood test

Your baby's second PKU (metabolic screen) will be performed today.

Call your provider if your baby

1. Does not look well or is unusually sleepy or inconsolable.
2. Has a fever (rectal temperature 100.4°F or 38°C or greater). When taking rectal temperatures, insert the thermometer gently about 1/2½" and stop if you feel resistance. Axillary temperatures can run 1°F lower than rectal temperatures.
3. Refuses to eat
4. Vomits persistently or excessively.
5. If you have any questions.

Important phone numbers

1. USNH Pediatric Department 643-7304/7308. Hours Mon, Tues, Wed, Fri 0730-1900. Thurs 0730-1200. Closed Thursday afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation 643-7809.
4. New Parent Support Program: Navy/Marine 645-0896, Air Force/Army 634-0733.
5. Health Care Information Line (HCIL) 99-00531-11-4621.

Next Visit

Bring your baby in at 2 months of age for an exam and vaccinations against diphtheria, tetanus, pertussis (DtaP), polio (IPV), H.influenza (Hib), hepatitis B, and pneumococcus (Prevnar). Always bring your yellow shot card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.