



Watching you grow!

Name: _____

Date: _____ BMI: _____

Height: _____ % _____

Weight: _____ % _____

Head circumference: _____ % _____

Well-child exam: 2 weeks

Nutrition

- Breast milk or formula with iron is all the food your baby needs for the first several months.
- Feeding is an important bonding time and you always should hold your baby during feedings.
- Do not prop a bottle in your baby's mouth. This may cause ear infections, choking and future tooth decay.
- Many babies spit up during and after feedings. We recommend frequent burping and holding your baby upright after feedings. If your baby spits up large volumes, seems fussy with spit-ups, seems to choke with spit-ups or if you have concerns about the spitting up, please discuss with your provider.

Breastfeeding:

- Your baby should nurse 8-10 times in a 24-hour period. The more your baby sucks, the more milk that is produced. Breast milk is quickly digested and requires your baby to nurse frequently.
- It is recommended to give Vitamin D supplementation of 400 IU daily to babies who are exclusively breastfed.

Formula feeding:

- There are many different brands of formula. Please feel free to ask your health care provider for formula recommendations for your baby.
- Follow directions on the container for proper mixing and storing.
- Most city water supplies are safe. Use cold tap water to prepare formula. Let the water run for two minutes before you use it. (Old water pipes may contain lead-based solder and lead dissolves more in warm water or standing water.) Fresh, cold water is generally safe. If you have well water, boil your water for 10 minutes or use distilled water until your child is 6 months old. Ask your child's provider if you are not sure whether your water supply is safe for your baby.

Wetting and stooling

- Your baby can be expected to have 4-6 wet diapers per day.
- Breastfed babies can have 8-10 stools per day or as few as one stool every 8-10 days.
- Formula-fed babies typically should have 1-2 soft stools per day.
- Infrequent, hard stools may indicate your baby is constipated. If this should happen, call the child's provider for evaluation.

Sleeping

- Your baby should sleep on his back on a firm mattress in his own crib or bassinet.
- Swaddling with a light blanket sometimes helps your baby sleep.
- Keep loose bedding, including bumper pads and soft toys, out of the crib.
- To help your baby develop good sleep habits, place your baby in the crib while drowsy, but still awake.

Growth and development

- During the next several weeks, you should notice changes in your baby's development. His movements gradually become more controlled.
- Your baby should start lifting his head for a few seconds when on his tummy. However, his head still needs to be supported.
- Your baby may start to smile and respond to familiar faces and voices.
- The bond between you and your baby is developing. Cries usually have more precise meaning; your baby may cry when left alone and stop when picked up.
- Brightly colored toys, rattles, mobiles, soft music, gentle touch, singing, talking and reading to your baby help with development.
- Television/video screen time is **not** recommended for children under 2 years of age.

CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.

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Women & Children

Immunizations

Immunizations prevent life-threatening diseases. Many of the immunizations will start at the 2-month well-child visit. You can find reliable information on the Web sites listed on this page.

Colic

Colic is unexplained crying and fussiness that occurs in about 10 percent of babies. It usually begins at 2-3 weeks of age and resolves by 3 months of age. While the cause is still uncertain, colic tends to occur in babies with a sensitive temperament.

Try one (or all) of the following to calm your baby:

- cuddling and rocking;
- swaddling in a light blanket;
- placing your baby in a swing or vibrating chair;
- placing your baby in a front pack; or
- going for a stroller ride.

If these measures do not quiet your baby, it is OK to place him in a crib to cry himself to sleep.

Call your provider if your baby has:

- blood in his stool;
- green bile or blood in spit-up or vomit;
- a rectal temperature greater than 100.4 degrees F; or
- inconsolable crying.

Safety

Infants need extremely close, almost constant, supervision. Your baby relies on you for protection and to meet his safety needs. Follow these steps to help to ensure a safe environment for your baby.

- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every 6 months.
- State law requires that all homes have carbon monoxide detectors within 10 feet of bedrooms.
- Infants always should ride in a securely fastened, rear-facing car seat placed in the back seat.
- **Never** leave your baby alone in the car, even for a few minutes.
- Your baby will learn to roll over before you know it. **Do not** leave your baby unattended on a bed, table, couch or in the bath. **Never** leave your baby alone with a young child or pets.
- Keep toys with small parts or other small or sharp objects out of reach.
- Strings should not be used to tie pacifiers or toys around your baby's neck. This could cause choking or strangulation.
- **Never** hold your baby while smoking, drinking hot liquids or cooking.
- **Never shake your baby.** If you become too upset, put your baby in a safe place, such as a crib, and do not pick him up until you are calm. Call the clinic or 911 if you feel you may hurt your baby.

Pediatrician-approved Web sites:

www.aap.org
www.cdc.gov
www.centracare.com
www.chop.edu
www.ecbt.org
www.kidshealth.org
www.mdh.org
www.parenting.umn.edu



Community resources:

Child passenger safety seat inspections (free)

Call (320) 251-2700, ext. 54492 for an appointment or visit www.buckleupkids.mn.org for more information.

Early Childhood Family Education

For classes about raising young children, contact your local school district.

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call (320) 654-1090.

Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.

Child care

Choosing a day care for your infant requires thought and effort. Some important issues to consider are:

- Setting: Family-home day care, day care centers or in-home day care (nanny);
- Size: Number of children present and ages of these children;
- Caregivers: Qualifications, experience and ratio of caregivers to children; and
- Licensed: Detailed information for parents searching for child care is available through your county office.

After you have chosen a day care provider for your infant, it is important to have regular contact with that provider. You'll want to know how your baby ate, slept and played during their care.