

Bloomfield Hills: 248-203-6620

Farmington Hills: 248-788-2100

2 Week Exam

Length _____ Weight _____ Head Circumference _____ Name _____

Welcome to our office. Our goal is to create a partnership with you. Together we can provide your child the best possible medical care. Please read the provided information sheets, which will aid you in caring for your child. You can also obtain useful information and web-links at our website: **www.childhealthassociatespc.com**

Becoming a parent is truly a life-changing event. After the long wait of pregnancy, there is tremendous joy and excitement finally meeting your child. But parenthood can often be overwhelming. Don't expect too much of yourself. Accept the help of friends and family when offered. Approximately 50-70 percent of mothers will experience post-partum blues or depression. This is a temporary condition, but can be severe for some mothers. If you are in need of help, please talk to your obstetrician or a mental health professional that can help you get the treatment that you need.

Feeding: How you chose to feed your baby is a personal decision. For many mothers breastfeeding can be a rewarding and convenient experience. Scientific studies continue to confirm the benefits to the newborn. However, for many mothers, bottle-feeding is an excellent alternative to breast-feeding. Breastfed babies should be given a daily dropper of Tri-Vi-Sol (a Vitamin D supplement). This is readily available over the counter at your local pharmacy. **There is no benefit to early introduction of solid foods, water or juice.** Studies have shown that early introduction of solid foods increases the incidence of food allergies. In contrast to popular opinion, solid feedings do not help infants sleep. At around 2-3 weeks of age, breastfeeding mothers should introduce a daily feeding by bottle. This gives fathers and other caregivers an opportunity to nurture the child, and perhaps give mom a little extra sleep at night.

Development: Your newborn is slowly adapting to his new environment. The first week babies tend to be very sleepy. After that, they may begin to experience fussy periods, especially at night. **Keep in mind that crying is a normal infant behavior.** He will gradually become more alert, gaining better muscle control and visual focus. Generally, social responsiveness (smiles and coos) will emerge between 1 and 2 months of age. **Children have very unique developmental courses.** For example, it is considered normal for social smiling to emerge between 2 weeks and 3 months of age, while walking can normally occur between the ages of 8 to 18 months. The most important consideration with development is its progress, not the absolute skill level. All organ systems have to adapt to life on the outside. The respiratory system must now filter air and nasal congestion and excessive mucous production is common. Sneezing is normal and is a way of keeping the nose clear. Gassiness and spitting up of feedings is also common. Bowel patterns can vary. Soon after birth the newborn commonly will have a yellow, seedy stool with each feeding. As time passes, the frequency of the stools will decrease and the stools will firm up. Male newborns should have a strong urinary stream. Let us know if this is not the case.

Sleep: The typical newborn spends a lot of time sleeping. Many will sleep 18-20 hours per day. Newborns typically sleep more during the daytime hours and then are more alert and active at night. Unfortunately, there is no simple solution to this. Scheduled feeding programs and waking sleeping infants will only cause frustration. The best solution is to accept this temporary condition and follow your baby's lead. She will tell you when she is tired and when she is hungry. Take advantage of her daytime sleepiness and get a nice nap. This will help when she needs a 2 am feeding. Your child will be constantly changing, don't expect tomorrow to be like today. Sleeping and feeding patterns will be changing over the next few months. As babies reach 1-2 weeks, they will typically develop fussy periods, which often occur when we are tired and ready to get some sleep. Generally by 3-4 months of age things will settle down and you will feel balance returning to your world.

Immunizations: Hepatitis B #1, if not given in the nursery

Safety: Always put your baby to sleep on her back. **Always** use infant car seat with baby rear facing and away from airbags. Until two months of age, refrain from taking your child into environments at high risk for infections. It's best to avoid crowded shopping centers and restaurants. Never leave your infant unattended in a bathtub or on a high surface such as a changing table or bed. Your water heater should be set to a maximum of 120 F to prevent scalding injuries.

Next exam is at 1 months of age