

## **DEVELOPMENT**

- An infant can usually focus on faces or objects at a distance of 8-10 inches. Intermittently, your infant's eyes will cross.
- Infants vary in temperament from active to placid.
- Babies may normally have daily fussy periods, which may last from 1 to 4 hours. Holding or rocking will not spoil the baby.
- When infants are face down, they can lift their head for short periods but still need lots of support.
- Sibling rivalry should be expected, and special time should be allotted for the other children (if present) at home.
- Normal behavior includes frequent sneezing, hiccups. Bowel movements may be accompanied by grunting, turning red or straining.
- Infants will be starting to develop a social smile.
- Infants may need to suck either their hands or a pacifier. The activity of sucking is very soothing to a baby.
- Infants should respond to loud noises with a startle, crying or waking. If they do not respond please discuss this with the physician.

## **DIET**

- Breast or bottle-feed every 2 to 4 hours. Each feeding is approximately 3-4oz or 15-30 minutes.
- If not breastfeeding, or if you are supplementing breastfeeding, use an iron-fortified cow's milk based formula, such as Enfamil LIPIL, Similac Advance. Breastfed babies may also need vitamin supplements.
- Spitting small amounts after feedings is common. To reduce this, burp frequently and keep your child in an upright position for 15-30 minutes after feeding. When you put your infant down, prop the infant on her/his side.
- Do NOT heat bottles in the microwave as it will heat unevenly and may burn the baby.
- Do not give your baby water, Karo syrup or honey—call our office to discuss constipation, or schedule an appointment.

## **HYGIENE**

- Use only water on your baby's face. Change diapers and clean with warm water as soon as possible after soiling.
- The cord usually falls off between 7-21 days of age. Keep it dry. It is not necessary to clean the cord with alcohol, but it is reasonable to do this, especially if there is oozing. Expose it to air by folding diaper down.
- Skin care: After the cord separates, you can bathe 2-3 times per week with a mild soap. A moisturizer may be used on the infant's skin if it is excessively dry. Superficial peeling is normal. Don't use lotion on the face as this may clog pores and lead to neonatal acne. Try to avoid lotions with a lot of perfume as this may irritate the baby's sensitive skin.
- Shampoo 2 times a week. If your baby has cradle cap, you can comb out the flakes or try a once a week shampoo with a dandruff shampoo such as *Head and Shoulders* or *Selsun Blue*.
- Circumcision may ooze initially with slight bleeding. You can use gauze pad dabbed with petroleum jelly or Polysporin ointment so that the healing skin will not stick to diapers.

## **SAFETY**

- Never take your child in any car unless he is properly restrained in an infant car seat. The car seat should face rearwards until 20 pounds **and** one year of age.
- Infants may roll over or scoot long before they can do it with any regularity. For this reason, babies should not be left on the top of a bed, changing table or sofa.
- Crib slats should be no more than 2 3/8 inches apart. Crib rails should be up at all times when the baby is in the crib.
- Never leave an infant or child unattended in the tub—**not even for an instant**.
- Never eat, drink, or carry anything hot near your baby. Never smoke near your baby.
- Do not leave the infant alone with young siblings or pets. Children under 5 years old should not carry the baby.
- Shaking the baby too vigorously may result in head/brain injuries.
- The infant should always be placed on his/her back to sleep. There should be NO pillows or animals in the crib.
- Avoid sun exposure, try to shade your infant or use light clothes. Sunscreen is not recommended under six months of age.

## **STIMULATION**

- Infants like to look at faces (especially the eyes), and colors (especially red, yellow, and black/white).
- It is important to sing, talk, or read to your infant. This may be done in a comfortable setting, while changing diapers, feeding, bathing, or rocking.
- Infants like to be cuddled and cannot be spoiled at this age.

## **TOYS**

- Mobiles, bells, hanging unbreakable mirrors, music boxes and all hanging toys should be well out of reach.
- Newborns will give preferential attention to figures that more closely resemble the human face.

## **IMMUNIZATIONS**

- Your infant will be getting a second Hepatitis B shot today. (This assumes that the first dose was given in the hospital.)

## **ILLNESS**

- Sneezing is normal, and is not a sign of illness at this age. If baby's nose seems congested, use bulb syringe and saline drops.
- Often baby's eyes will develop crusting near the nose. Wash with warm washcloth. Call the doctor if the "whites of the eyes" appear red or the baby otherwise seems ill with the eye drainage.
- If an infant less than 2 months old develops a fever (more than 100.4° F rectally), it is important to call our office. It is important to have a rectal thermometer available. Call the doctor if the baby doesn't "look good", refuses to feed, or is unusually irritable or somnolent.