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2 Week Visit

For _____ DOB _____

Wt _____ # _____ oz Length _____ in HC _____ in

Feeding

At this age, your baby only needs breast milk or infant formula. Most babies take 2-3 ounces of formula every 2-3 hours. Breast-fed babies usually feed 10-15 minutes at each breast every 1-3 hours. Try to empty one breast prior to switching to the other side. Before introducing a pacifier (usually at 1-3 weeks), make sure feedings are established and your baby is gaining good weight.

Bowel and Bladder

Most babies will strain to pass bowel movements. As long as the bowel movement is soft, there is no need to worry. Ask us about bowel movements that are hard (constipation). Babies usually wet the diaper at least 6 times each day.

General

1. If you have other children, don't forget to take time for them.
2. Until the cord falls off, the base of the cord should be kept clean and dry. If the area gets dirty, clean with alcohol and a cotton ball or q-tip. It is not unusual to notice a little bit of crusty blood around the area after the cord falls off.

Safety

1. Your baby should travel in an approved infant car seat. The seat should be placed in the back seat, facing the rear of the vehicle.
2. Your home hot water heater should be set no higher than 120 degrees. In order to avoid burns, always check the bath water temperature prior to bathing or washing your baby.

3. Babies under 6 months of age should be kept out of direct sunlight. At all ages use common sense about sun exposure, dress your child appropriately. Sunscreen is not recommended until 2 months of age.

Illness

Young babies can become very ill rapidly. Especially in the first 2 months of life, call us if your baby has any of the following (or call 911 if your baby appears very ill):

1. Baby has a fever (rectal temperature of 100.4 °F or higher).
2. Continuous inconsolable crying for 3 hours or more.
3. Your baby hasn't wanted to feed for 2 or more consecutive feedings.
4. The umbilical cord or area surrounding it is red and/or draining pus.
5. Your baby appears much less active than usual.
6. Your baby has difficulty breathing.

Immunizations

Over the next few years, we will be protecting your child against many diseases that used to cripple and kill children. Today these diseases are quite rare thanks to immunization programs.

Your baby's immunization record is extremely important and should be kept in a very safe place. We will keep a permanent record of all vaccines administered in the office.

If you receive vaccines outside this office, please let us know so that we can keep our records up to date.

Due to our concern for the health of your child and the general public, we do not accept patients who defer recommended vaccines. For vaccine information, please visit the following web sites:

1. www.aap.org (American Academy of Pediatrics)
2. www.cdc.gov (Centers for Disease Control and Prevention)
3. www.ama-assn.org (American Medical Association)

The pain involved in administering injections can be alleviated somewhat by a topical skin cream. Call our office for a prescription prior to your visit. Also, you may want to bring a bottle of breast milk/formula with you. Feeding babies immediately after the vaccines tends to reduce their anxiety.

Resources

If you have not begun reading up on how to take care of your baby, please check our website for great resources. www.skylinepeds.com

Next Visit: 2 Months

ENJOY YOUR BABY!