Dr. Christopher S Burress | Board certified Internal Medicine and Pediatrics

Caring for your 2-week-old baby

Keep Your Baby Safe

Use a Car Seat

- Install it properly in the back seat facing backwards.

Use a Safe Crib

- Crib slats must be no more than 2 3/8 inches apart.
- Don't use a crib with sharp edges that your baby can hit.

Prevent Suffocation

- Place your baby on your baby's back to sleep.
- Don't string toys across the crib or playpen.
- Don't give your baby toys with small, removable parts (like buttons) or toys that fit completely in your baby's mouth.
- Don't put strings or necklaces around your baby's neck.
- Don't leave your baby on a waterbed or beanbag pillow. Do not give your baby plastic bags to play with

Prevent Falls, Burns and Drowning

- Don't leave your baby alone in water or with young children or pets.
- Don't leave your baby alone on a changing table or any other surface from which your baby could fall.
- Don't use walkers.
- Set the water heater thermostat so that the water is not hotter than 120ºF.
- Make sure you have smoke detectors on your ceiling. Test alarms monthly.
- Keep your baby away from hot things (like cigarettes or an iron).
- Don't hold your baby when you are drinking something hot (like coffee).
- Never shake, toss or hit your baby.

Provide Healthy Nutrition

- Continue breast milk or iron-fortified infant formula. No juice before 12 months.
- Breastfed or partly breastfed infants need vitamin D 400 IU daily. Formula-fed infants need it if taking less than 32 oz of formula daily; confirm with the clinician.
- Start complementary foods around 6 months when ready, not before 4 months.
- Follow hunger and fullness cues. Discuss feeding or growth concerns with the clinician.
- Never prop a bottle or put your baby in bed with a bottle.

Practice Healthy Parenting and Care-giving

Encourage Healthy Development

- Hold your baby as much as possible - you cannot spoil your baby.
- Give your baby simple shapes to look at.
- Talk and sing to your baby.
- Avoid Screen time with your baby

Deal with Crying

- Many babies will cry two to three hours per day.
- When your baby cries, ask yourself, "Is my baby hungry? Does your baby want to be changed? Does your baby want to be held? Is your baby too stimulated (like from too much touch, noise or light)? Is your baby in pain (like from gas in the belly or hair around finger/toe)? Does your baby have a fever?"
- Don't feed your baby every time your baby cries. Don't use a pacifier every time your baby cries. Use it only when you think your baby needs to calm down.

Sleep

- Place your baby on your baby's back in the crib when your baby is drowsy but still awake.
- Respond to crying; check feeding, comfort and illness.
- Ask your clinician when to wake your baby for feeds.
- Don't change your baby's diaper in the middle of the night unless your baby has pooped or has a rash.

Clean Your Baby

- If your baby boy is uncircumcised, don't try to pull back the foreskin.
- Bathe your baby every other day, at most. Use warm water and mild baby soap.
- Keep the umbilical stump clean and dry; do not use alcohol.

Prevent Sickness

- Keep your baby away from cigarette smoke. Do not smoke with the baby in the car; do not smoke in the house.
- Keep your baby aware from vape fumes.
- Don't let someone touch your baby without first washing his hands. Keep your baby away from large crowds and small children.
- A stuffy nose can be treated with saltwater nose drops. Remove the mucus gently using a bulb syringe.

- Call the clinic right away if your baby has a fever, is coughing a lot or may be dehydrated. A fever is a rectal temperature of 100.4°F or higher. A dehydrated baby has fewer than five wet diapers a day, cries without making tears, or has dry lips and a pasty mouth.

Development

All babies develop at their own rate. At this age you may notice that your baby:

- Raises head slightly when on stomach
- Moves arms and legs together
- Automatically holds your finger
- Startles easily
- Sees objects best at 8 to 10 inches away
- Follows slow moving objects with eyes
- Calms when swaddled and rocked

Your baby’s next visit is at about 1 month.

Infant emergency readiness

If your baby is unresponsive or is not breathing normally:

Call 911 immediately. Put the phone on speaker if possible and follow the dispatcher's instructions. Ask another person to call and get an AED if one is available.

Start CPR as directed by the dispatcher or according to your current training. Do not delay emergency care to look up instructions or contact the clinic.

Prepare before an emergency

Learn infant CPR and choking first aid in a current hands-on course. Review the emergency plan with every caregiver. Keep your home address and emergency contacts easy to find.

Current CPR guidance

The American Heart Association and American Academy of Pediatrics updated pediatric CPR guidance in 2025. Use current training materials rather than older diagrams.

Current AHA/AAP pediatric CPR guidance: cpr.heart.org (select the link in this PDF)

For babies younger than 3 months, a rectal temperature of 100.4 F (38 C) or higher needs immediate medical advice. Do not delay assessment to give fever medicine.

This page supports emergency preparation. It does not replace CPR training or dispatcher instructions.

Directions for Infants' Acetaminophen Oral Suspension 160 mg/5 mL

(Brands like TYLENOL®, Pediacare®, Triaminic®, America's Choice®, Equaline®, CVS®, or Walgreens®)

Healthcare Provider: Use this form to indicate the proper dosing of infants' acetaminophen oral suspension for the child named below.

CHILD'S NAME _____ TODAY'S DATE _____

CHILD'S WEIGHT AND AGE (Healthcare Provider checks one)

☐ 6-11 lbs (0-3 months)
☐ 12-17 lbs (4-11 months)
☐ 18-23 lbs (12-23 months)
☐ 24-35 lbs (2-3 years)

Always remember, for children under 2 years of age, only a healthcare provider can give you the right dose for your child.

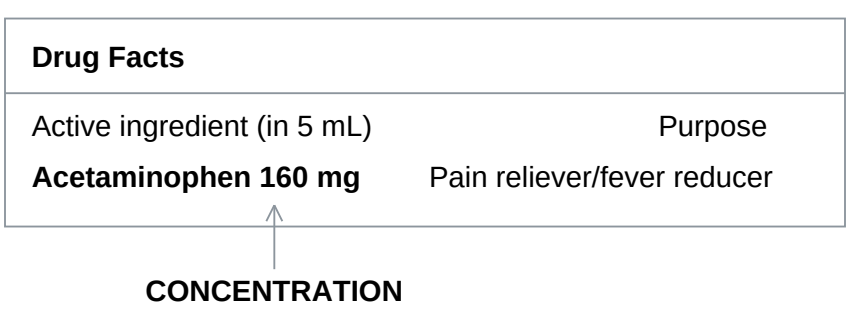
DOSE (Healthcare Provider fills in)

_____ mL

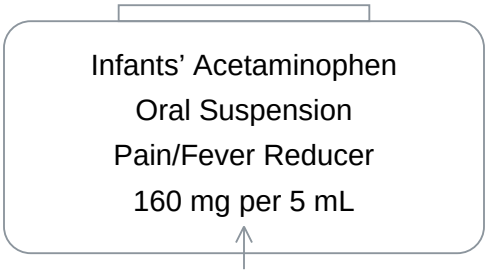
Give your child the dose indicated every 4 hours as needed. Do not give more than 5 doses in 24 hours.

This dose is for use only in the treatment of your child's current fever or pain. The next time your child needs a pain or fever reliever, you will have to call your child's healthcare professional to request the appropriate dose.

- This dosage is for infants' acetaminophen oral suspension with a concentration of 160 mg/5 mL. Before purchasing or dosing the medicine, confirm the concentration.
- To find the concentration, look on the front of the bottle label or in the Drug Facts section.
- If you see a concentration of 80 mg/0.8 mL, or the words "concentrated drops" on the bottle, call your Healthcare Provider for the correct dose.



CONCENTRATION



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