Optimum Internal Medicine & Pediatrics
Dr. Christopher 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***

- Make sure the space between the slats is less than 2½ inches.
- 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. Check twice a year to make sure they work.
- 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

- Breast milk or infant formula is all your baby needs. A healthy baby does not need vitamins.
- Talk with your health care provider if your baby uses a "low iron" formula.
- Feed your baby every 2 to 4 hours. Keep nighttime feedings quiet and as short as possible.
- Don't prop a bottle in your baby's mouth.
- Spitting up is normal; burp frequently to decrease the amount your baby spits up.
- Don't give solid food.
- You don't need to warm up refrigerated formula, but your baby may prefer it.

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# 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.
- Some babies will cry 10 to 15 minutes before falling asleep.
- During the day, don't let your baby sleep for more than three hours in a row.
- 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.
- Use a cotton ball dipped in alcohol to clean around the umbilical cord stump.

***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.**

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# LEARN CPR
## You Can Do It!

### CPR for Infants (Age <1)

If you are alone with the infant give 2 minutes of CPR before calling 911.



### 1. Shout and Tap

**Shout and gently tap your baby on the shoulder. If there is no response and your baby is not breathing normally, position your baby on your baby's back and begin CPR.**



### 2. Give 30 Compressions

Give 30 gentle chest compressions at the rate of at least 100 per minute. Use two or three fingers in the center of the chest just below the nipples. Press down approximately one-third the depth of the chest (about 1 and a half inches).



### 3. Open The Airway

Open the airway using a head tilt lifting of chin. Do not tilt the head too far back



### 4. Give 2 Gentle Breaths

If the baby is not breathing or not breathing normally, cover the baby's mouth and nose with your mouth and give 2 gentle breaths. Each breath should be 1 second long. You should see the baby's chest rise with each breath.

**CONTINUE WITH 30 PUMPS AND 2 BREATHS UNTIL HELP ARRIVES**

**"The Tennessee Medical Association (TMA) and the Tennessee Hospital Association (THA) want to thank learncpr.org for allowing our members to share this information with their patients."**

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# 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.**

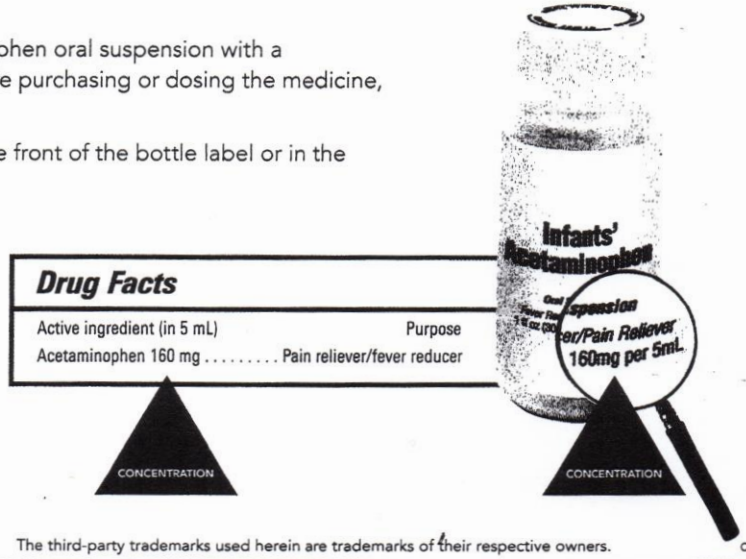
## DOSE *(Healthcare Provider fills in)*

_____ **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.***




McNeil Consumer Healthcare

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