

1 WEEK CHECK-UP

CONGRATULATIONS!

You are the proud winner of the most valuable gift in the history of mankind, a baby!

NUTRITION

Your baby needs only breast milk or formula every 2 to 3 hours. At this age, most babies will take 2 to 3 ounces of formula.

- Hold the baby to feed the bottle. Do not prop the bottle with a pillow.
- Breastfeeding is on demand, whenever the baby wants. Try to pump and let Dad or any significant other feed the baby so you can rest and, they get an opportunity to bond with the baby.
- Let her feed at least 10 minutes on each side. If she falls asleep, try waking her by opening her blanket and clothes, tapping or tickling her toes or gently wiping her forehead with a wet washcloth. Be patient with her.
- Do not start cereal or baby foods yet. It does not fill the baby and make them sleep through the night. It can cause more food allergies and stomach upsets.

DEVELOPMENT

- Babies will respond to soothing sounds and voices.
- She will turn in the direction of loud sounds.
- Hiccups and sneezing are common and there is nothing to worry.
- She will try to lift her head up when you put her on your shoulders
- Talk to your baby. Play soothing music.
- Babies will wake up every 2 to 3 hours for feeding. They might be awake at nights too.
- Babies sleep better when they are by themselves in their crib. It is the safest place for them.
- Make sure she is put to sleep on her back to avoid risk of
- SIDS, Sudden Infant Death Syndrome.
- Don't use any stuffed toys or thick blankets in her crib.



**LATA SHRIDHARAN
MD, FAAP**

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Paste your child's picture here



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SAFETY

- Always use a car seat while travelling in a car. The safest place for the baby is the back middle seat. The car seat should be rear facing until the baby is 1 year of age or 20 pounds in weight.
- Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.
- Use caution while holding your baby and drinking hot liquids.
- NEVER shake a baby.
- DO NOT smoke around your baby or allow smoke in your home. Exposure to smoke causes more respiratory infections, increases chances of ear infections and SIDS (Sudden Infant Death Syndrome).
- Turn your water heater down to 120°F (50°C) to avoid burns.

IMMUNIZATION

- Your baby will receive the first set of shots at her 2 month check-up.
- We will see you and your baby back at the 2 week check up.

**Thank you for letting us be a part of your
child's life!**

"Children are love made visible" – A Saying