

Newborn - 2 Weeks

Date _____
 Weight _____
 Length _____



Weight (approx)	Oz./24 Hrs	#Feedings/ 24 Hrs	Age (weeks)
07 lbs.	16-20	8-10	0-3
09 lbs.	20-24	8-10	3-6
11 lbs.	24-28	6-7	6-10
13 lbs.	28-32	6-7	10-16
15 lbs.	32	4-5	16+

Remember, these are ball park figures.

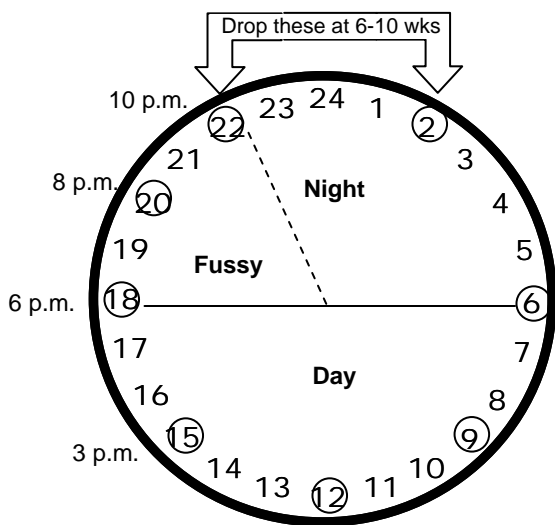
Breastfeeding is different than bottle-feeding. You don't always know the number of ounces, but you know how many feedings.

Try to feed more often in the day than in the night (10 p.m. – 6 a.m.) You may have to feed less in the night before your baby will wake and feed more in the day.

Schedules are up to you (but I advise them for you and the baby!)

Time between feedings: 2-hour minimum, 5-hour maximum

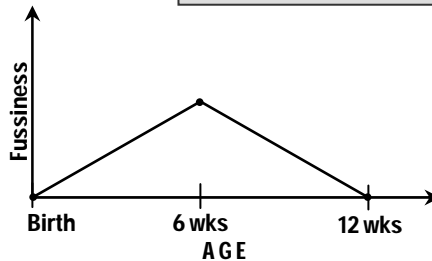
Time of nursing: 10 minutes per side



Your job is not to keep or make your baby happy all the time. What starts as an effort to keep the peace ends up in irresponsible submission to a deified baby.

Next scheduled checkup is at 2 months of age. The usual shots given at this visit are: **Pediarix (DTaP/IPV/Hep B); Hib, Prevnar, and RotaTeq.** *The specifics on these are available upon request.*

"Most of the world's really destructive political, educational, and social movements took as their starting point the false view that human beings and human situations are perfectible." –Steve Brown



You can take that quote either from a pro-vaccine or anti-vaccine stance. A tremendous amount of education can be destroyed by a dreadful lack of wisdom. I recommend the vaccines as they are printed on each sheet. If you wish to

alter the schedule, please let us know, and come prepared with a schedule of your own.

Hiccups and gas and sneezing and stuffy noses are normal. Think of other reasons for the baby to cry besides gas. You may give Simethicone infant drops, 0.3 milliliters 4 to 6 times per day and see if this helps.

Fussiness increases from birth to 6 weeks of age, where it peaks, then decreases after that, so hang on, it's okay for baby to cry if you've fed, changed, burped, rocked, walked, etc. If the fussiness gets so bad you can't stand it or you're ready put your baby on eBay, call. It may be colic. But remember, it is okay for a baby to cry and some cry several hours each day. As long as they are gaining weight, I don't worry too much about serious problems.

Foods that make a breast baby fussy/gassy:

- Milk/Dairy
- Onions/Green peppers/Garlic
- Caffeine/Chocolate
- Broccoli/Brussels sprouts/Cauliflower/Cabbage
- Pizza/Lasagna