

INFANCY – 2 ND WEEK

Promotion of healthy habits

Injury and illness prevention

Use an infant car seat that is properly secured at all times.

Ensure that the baby's crib is safe. The slats should be no more than 2 3/8" apart, and the mattress should be firm and fit snugly into the crib. Keep the sides of the crib raised. Do not put the baby to sleep on a soft surface such as a waterbed, couch, or pillow.

Put the baby to sleep on her back or side.

Set hot water heater thermostat at less than 120⁰ F.

Test the water temperature with your wrist to make sure it is not hot before bathing the baby.

Never leave the baby alone or with a young sibling or pet.

Do not leave her alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Always keep one hand on the baby.

Continue to keep the baby's environment free of smoke. Keep the home and car nonsmoking zones.

Install smoke detectors if not already in place and make sure they work properly.

Do not drink hot liquids or smoke while holding the baby.

Avoid overexposure to the sun.

Recognize early signs of illness:

Fever

Failure to eat

Vomiting

Diarrhea

Dehydration

Unusual irritability, lethargy

Jaundice, skin rash

Know what to do in case of emergency:

When to call the health care professional

When to go to which emergency department

Nutrition

Ensure that the infant is gaining enough weight.

If you are breastfeeding: Ensure that breastfeeding is of appropriate frequency and duration. Ensure that you have an appropriate diet. Discuss with the health professional any problems you are having with breastfeeding.

Give the breastfeeding infant 400 I.U.s of vitamin D daily if she is deeply pigmented or does not receive enough sunlight.

If you are bottle-feeding: Ensure that the infant receives an appropriate amount of iron-fortified formula at the appropriate frequency. Hold the baby in a semi-sitting position to feed her. Do not use a microwave oven to heat formula.

Do not give the infant honey until after her first birthday to prevent infant botulism.

Oral health

To avoid developing a habit that will harm your infant's teeth, do not put her to bed with a bottle or prop it in her mouth.

Infant care

Discuss any questions or concerns you have about:

Cord care

Circumcision care; noncircumcised infant care

Skin and nail care: bathing, soaps, lotions, diaper area preparations, detergent

Colic/crying

Sneezing and hiccups, spitting up

Thumb sucking and pacifiers

Normal sleep patterns; sleeping arrangements

Bowel movements

Amount of clothing needed; exposure to hot or cold temperatures

Use of thermometer (in infants, a rectal temperature of 38.0°C/100.5°F or higher is considered a fever)

INFANCY – 2 ND WEEK

Promotion of parent-infant interaction that is mutually enjoyable and satisfying

Learn about the baby's temperament and how it affects the way she relates to the world.

Try to console the infant, but recognize that she may not always be consolable regardless of what you do. Many infants have a daily fussy period in the late afternoon or evening. Crying may increase during the next month, including a possible peak of approximately three hours per day at six weeks of age. Discuss any concerns with the health professional.

Nurture the baby by holding, cuddling, and rocking her, and by talking and singing to her.

Spend time playing with and talking to the baby during her quiet, alert states.

Promotion of constructive family relationships and parental health

Try to rest and take time for yourself.

Realize that there may be times when you feel tired, overwhelmed, inadequate, or depressed.

Spend some individual time with your partner.

Accept support from your partner, family members, and friends.

Discuss with the health professional how to deal with unwanted advice from family and friends.

Encourage your partner to participate in care of your infant.

Continue to provide attention to the other children in the family, appropriately engaging them in the care of the baby.

Discuss family planning with your partner.

Schedule a postpartum checkup.

Promotion of community interactions

Ask about resources or referrals for food (e.g., WIC), housing, transportation if needed.

Learn about and consider attending parent education classes and/or parent-child play groups.

Maintain or expand ties to your community through social, religious, cultural, volunteer, and recreational organizations.

For mother returning to work: Discuss child care referral agencies or similar community services with the health professional. Discuss how to continue breastfeeding.