

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

ALAN D. BENSTOCK, M.D., F.A.A.P.
IRWIN H. BERKOWITZ, M.D., F.A.A.P.
MARK S. MANDEL, M.D., F.A.A.P.
JILL S. STOLLER, M.D., F.A.A.P.
STACEY A. ROSENZWEIG, M.D., F.A.A.P.
ADAM S. BLOOMFIELD, M.D., F.A.A.P.
MICHELLE S. MAYER, M.D., F.A.A.P.

595 CHESTNUT RIDGE ROAD
WOODCLIFF LAKE, NEW JERSEY 07677

OFFICE HOURS
BY APPOINTMENT
TELEPHONE HOUR: 7:30-8:30 A.M. MON. THROUGH SAT.

TELEPHONE:
201-391-2020

2 WEEK OLD

6:00 A.M.	Breast or Bottle
8:00 A.M.	Tri-Vi-Sol 1 dropperful, if breastfeeding
10:00 A.M.	Breast or Bottle
2:00 P.M.	Breast or Bottle
6:00 P.M.	Breast or Bottle
10:00 P.M.	Breast or Bottle
2:00 A.M.	Breast or Bottle

Above times are approximate. Babies should be fed on demand. This is usually every 1 1/2-3 hours for breast-fed babies and every 3-4 hours for bottle fed babies. If using formula, give Enfamil Lipil with Iron.

2 WEEK OLD

GROWTH AND DEVELOPMENT

The baby continues to gain 1 1/2-2 pounds each month.

The baby will be sleeping 16-20 hours per day. Help the baby distinguish day from night. If possible, keep the baby up for some of the periods after daytime feedings. Nighttime feedings should be brief and boring to encourage good sleep habits. The more baby eats during the day, the less he/she will need at night. Try to place the baby in the crib awake but drowsy and let her/him drift off to sleep herself/himself. Avoid rocking or nursing the baby to sleep, as he/she will become dependent on this. The baby should be positioned on her/his back or side for sleep. When awake, vary the baby's position to allow for proper molding of the skull bones. The baby can be placed on his/her stomach while awake. You will notice that the baby's hands and feet will look bluish and feel cold at times. This is all normal due to poor circulatory control.

You will notice your infant start to smile between 1-2 months of age. The eye muscles continue to strengthen and you will see your baby begin to focus on bright colors or movements of objects such as a mobile. The movements of arms and legs are still uncoordinated and purposeless.

Some babies have irritable or colicky periods, usually at night. Colic means crying and is not associated with gas or problems with breastmilk or formula. Experiment with various techniques to soothe your crying infant - rocking, a pacifier, "white noise" from a washing machine or running water, stroller, car ride, snuglie, etc. Crying usually peaks at 6-8 weeks and is usually gone by three months of age. Remember to remind all caregivers **never** to shake a baby.

Infant car seats should be rear-facing in the back seat only.

Helpful resources: [Touchpoints](#) by T. Berry Brazelton
[Caring for Your Baby and Child](#) by the AAP
[Your Child's Health](#) by Barton Schmitt