

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

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

TELEPHONE:
201-391-2020

2 WEEK OLD

GROWTH AND DEVELOPMENT

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

Your baby will be sleeping 16-20 hours per day. Help him distinguish day from night. If possible, keep him up for some of the periods after daytime feedings. Nighttime feedings should be brief and boring to encourage good sleep habits. The more he eats during the day, the less he will need at night. Try to place him in the crib awake but drowsy and let him drift off to sleep himself. Avoid rocking or nursing him to sleep, as he will become dependent on this. Your baby should be positioned on his back for sleep. When awake, vary his position to allow for proper molding of the skull bones. He can be placed on his stomach while awake. You will notice that the his 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, snuggie, 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 until age 2 years

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

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, some options include Enfamil, Similac, Good Start or store brand formulas which can be more economical and are nutritionally equivalent.

Visit our Website

www.chestnutridgepediatrics.com

Vaccine Info. sheets available on website

(Over)