



Forms:

Complete and print them for your upcoming appointment:
[Edinburgh Postnatal Scale](#)

Vaccines:

We recommend the following vaccines for parents and ALL caregivers of infants:
[Influenza \(Fall/Winter\)](#)
[Tdap](#)

We recommend the following vaccine if not given at birth
[Hepatitis B](#)

2 WEEKS OLD

FAQ

Are pacifiers okay to use?

Using a pacifier during sleep is strongly associated with a reduced risk of SIDS. After your baby is about 1 month old, consider offering a pacifier when she lies down for sleep. Never reinsert the pacifier if it falls out after the baby falls asleep and do not coat it with a sweet solution.

Should I give my infant water?

It is not necessary to give your infant water. Breastmilk and formula contain water and are optimal fluids for hydration. Giving water to an infant in large quantities can dilute the salts in their blood stream so much that it can cause seizures and brain damage from swelling.

Age Appropriate Information

Sleep:

- Always put your baby down to sleep on her back, not her tummy or side. Ask your relatives and caregivers to also put your baby “back to sleep.”
- Experts recommend that your baby sleep in your room in her own crib (not in your bed). If you breastfeed or bottle-feed your baby in your bed, return her to her own crib or bassinet when you both are ready to go back to sleep.
- Be sure your baby’s crib is safe. The slats should be no more than 2 3/8 inches (60 mm) apart. The mattress should be firm and fit snugly into the crib. Keep the sides of the crib raised when your baby is in the crib.
- Many babies are unable to develop a regular sleep/wake pattern on their own and need your help. Providing a consistent and predictable routine for your baby will help her learn to develop a regular sleep/wake pattern.
- Do not use loose, soft bedding (blankets, comforters, sheepskins, quilts, pillows, pillow-like bumper pads) or soft toys in the baby’s crib because they are associated with an increased risk of SIDS.

Feeding:

- Vitamin D (400 IU) supplements are recommended for breastfed infants beginning between 2 weeks and 2 months.
- Feed your baby when he shows signs of hunger, usually 8 to 12 times in 24 hours. Babies should not be overfed
- Signs of fullness are turning the head away from nipple, closing the mouth, and showing interest in things other than eating.