

Healthy Babies, Healthy Kids, Healthy Futures™  
Healthy Habits that start in childhood last a lifetime.



**2 WEEK OLD CHILD - WELL VISIT HANDOUT**

**GROWTH PARAMETERS**

Weight	lbs	oz	%
Height		inches	%
Head Circumference		cm	%

**DEVELOPMENTAL MILESTONES FOR A 2 WEEK OLD**

- makes brief but direct eye contact
- stares at edges/looks at lights
- lifts head when laying on tummy
- hears/startles

**ANTICIPATORY GUIDANCE FOR 1-2 MONTHS**

- smiles
- looks at you directly
- eyes track from side to side
- coos
- lifts head 45° when on tummy
- holds head upright when sitting supported
- arms and legs are less flexed

**SAFETY**

- **NO LARGE CROWDS OR PUBLIC PLACES FOR THE FIRST 2 MONTHS**
- **EVERYONE MUST WASH HANDS BEFORE TOUCHING THE BABY**
- Never leave baby unattended on any elevated surface
- Put baby to sleep on his/her back to prevent SIDS
- Give baby 5-15 minutes of Tummy Time each day while watching
- Avoid sun exposure (ok to use sunscreen on babies less than 6 months)
- Rear-facing car seat till 1 Year even if greater than 20 lbs.
- Leave the belly button stump alone till it falls off. 24 hours after the stump falls off you may give a regular tub bath.
- Use a **rectal digital** thermometer to take baby's temperature. Fever is a rectal temp  $\geq 100.5$ . **Babies under 2 months with any fever must be seen RIGHT AWAY** at St. Rose Siena, Sunrise, Summerlin, or UMC where they have 24/7 Pediatric ER facilities. **Do not** give the baby any Tylenol before going to the ER!!

**NEXT VISIT AT 2 MONTHS (DON'T FORGET THE SHOT RECORD)**

Dr. Lisa Glasser of Siena Pediatrics.  
Call for appointments (702) 248-7337.  
Visit [www.drglasser.com](http://www.drglasser.com) for additional information.

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