



Pediatric Partners, L.L.C.

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Check-up Snapshot

WT _____ %

HT _____ %

H.C. _____ %

Immunizations

DTaP _____ HepB _____

HIB _____ MMR _____

Polio _____ Vaivax _____

Date _____ M.D. _____

THE TWO WEEK CHECK-UP

Return In Six Weeks

Encourage normal development by paying attention to your baby's most developed senses, which are touch, hearing and smell. Babies are only able to see approximately one foot away and preferentially pick faces and contrasting patterns. Your baby is actually spending a lot of time adjusting to the world and will become more interactive by even the end of the first month. Holding, walking, talking and singing will help to stimulate your baby's senses. This is also important for developing a strong parent/infant bond.

FEEDING

Breast-feeding is generally the most healthy and inexpensive way to feed your baby; however, there are times when bottle-feeding is preferable to breast-feeding. Both have an adequate amount of vitamins.

Breast fed babies usually nurse every two to four hours, approximately 15-20 minutes at a time. Breast-feeding should be established the first 2-4 weeks prior to offering a bottle.

For bottle fed babies it is important to use iron-fortified formula. There are several brand names that will be recommended by your pediatrician. An average amount taken at a time varies between two to four ounces every three to four hours. Wake your baby during the day to eat if he has been sleeping more than four hours at a time and let the baby sleep as long as he wants during the night.

GENERAL CARE

➤ **Crying:** All babies have fussy periods. Babies can cry an average of two to four hours a day. This usually peaks at 6 weeks of age and then you should see a decline. Excessive crying is considered greater than four hours a day. Babies will cry for different reasons such as hunger, fatigue, wanting to be held/comforted,

or being wet. It is important to try and figure out why. Sometimes babies will cry for no apparent reason and will persist no matter what you do. Crying will not hurt your baby and most of the time the crying will end. Hold your baby as much as possible. Remember that your baby cannot be spoiled the first three months of his life.

➤ **Illness:** There are several things to look for when trying to decide if your doctor needs to be contacted. One of the most sensitive indicators is how well your baby sucks and eats. If your baby is not eating well and not waking up to eat routinely, then your baby may not be feeling well. When you check for fever you should always do a rectal temperature. If it is 100.4 degrees or higher you need to contact your physician right away. However, babies do not always have a fever when they are "ill". If your baby has persistent vomiting, diarrhea or "just doesn't look right", then you should call. Since you are around your baby more than anyone else is, you are a good judge of how your baby is feeling.

PREVENTION/SAFETY

- Use a car seat at all times. Make sure you know how to properly install and secure your baby. It should never be used in the passenger seat that has an airbag and should be in the rear facing position until one year of age.
- Sleep position recommended is on the back or side due to the risk of Sudden Infant Death Syndrome (SIDS). Try to rotate your baby's head position to avoid flattening of an area of the head.
- Smoking around your baby can increase his risk for upper respiratory infections, asthma, and SIDS. It is very important to decrease the exposure as much as possible.
- **NEVER SHAKE YOUR BABY!** This can lead to severe, permanent brain damage and even death. Always seek help from family, friends and your physician.

- Turn the water heater thermostat to 120 degrees or less. Always check the bath water prior to placing your baby in the water and never leave your baby unattended.
- Have smoke detectors in your home and perform battery checks periodically.
- Do not leave your baby unattended in high places.
- Do not drink hot liquids while handling your baby.
- Never leave small objects near your child, especially in the crib.
- Good hand washing is the best way to prevent the spread of infection.
- DO NOT prop bottles!

CPR courses are available in Fremont for parents by calling 402-354-6551 for registration.

For more information contact Barb Anderson at The Fremont Area Medical Center.

Her number is 402-727-3356.

BOOK SUGGESTIONS

- The American Academy of Pediatrics "Caring for Your Baby And Your Child - Birth to Age 5" by S. Shelor, M.D. and R.E. Hannenmann, M.D.
- "Your Child's Health" by Barton Schmitt, M.D.

HOW TO REACH THE DOCTOR AFTER HOURS

If you need medical assistance after office hours, call our Office at 402-753-2900, and you will be connected to a Nurse through our answering service. A physician will be Connected if there are major concerns.