



Anticipatory Guidance - 2 Week Checkup

Family

- Maintain consistent family routine
- Postpartum checkup
- Postpartum depression/family stress
- Return to work/school
- Accept help
- Never hit or shake baby

Development and Behavior

- Talk to infant using simple words telling/reading stories
- Calm by stroking head or gentle rocking

Nutrition

- No bottle in bed
- Stooling-color, frequency
- 6-8 wet diapers a day
- Hold to bottle-feed, no bottle propping
- No microwave to heat milk
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator

Routine Care

- Clean mouth with soft cloth twice a day
- Skin, circumcision, umbilical care
- Thermometer use; rectal temperatures
- Wash hands; avoid crowds

Safety

- Have baby sleep in same room, in own crib
- No bed sharing
- Sleep in crib on back with no loose covers or soft bedding
- Home safety for fire/carbon monoxide poisoning
- No shaking baby (Shaken Baby Syndrome)
- Second-hand smoke
- Provide safe/quality day care, if needed
- Report domestic violence
- Water heater at $<120^{\circ}$
- Crib safety with slats $\leq 2\text{-}3/8''$
- Do not leave alone in bath water
- Keep hand on infant when on bed or changing on table/couch
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker