

ALTAMONTE PEDIATRIC ASSOCIATES

Well Child Care at 3 Weeks

Feeding - Your baby is growing! At this age, a baby only needs breast milk or infant formula. Most babies take 2 to 3 ounces of formula every 2 to 3 hours now. Breast-fed babies should usually feed about 10 minutes at each breast during each feeding. Breast-fed babies may want to nurse as often as every 2 hours. Babies usually wake up at night to feed. This is normal. Cereal or baby food is not needed yet. Babies can have food allergies if solids are started too early. If your baby wants to feed more often, try a pacifier. Your baby may need to suck but not feed.

It is important to hold your baby during feeding. This is a good time to talk and play. Hold the bottle and do not prop it up.

Mixing formula: If you use concentrated liquid formula, always mix 1 can of formula with 1 can of tap water. Keep the mixture in the refrigerator. If you get powdered formula, mix 2 ounces of water per 1 scoop of formula.

Development - Babies are learning to use their eyes and ears. Smiling faces and gentle, pleasant voices are interesting for babies at this age.

Many mothers find that the baby brings a lot of new work. Help from fathers, friends, and relatives is often very important at this time.

Sleep - Babies usually sleep 16 or more hours a day. Healthy babies should be placed in bed on their backs. Sleeping on the back reduces the risk of sudden infant death syndrome (SIDS).

Bowel and Bladder - Most babies will strain to pass bowel movements. As long as the bowel movement is soft, there is no need to worry. Ask your doctor about bowel movements that are hard (constipation). Babies usually wet the diaper at least 6 times each day.

Safety Tips- An approved car seat is the safest way for babies to travel in cars. In fact, infant car seats are required by law. Infant car seats should be placed in a back seat with the infant facing backwards. Never leave your baby alone or with young brothers, sisters, or pets.

If you use a crib for your baby, be sure to pick a safe location. It should not be too near a heater. Make sure the sides are always completely up. Crib slats more than 2 and 3/8 inches apart can lead to injury.

Mesh netting of playpens should always be in the upright position.

Immunizations- At the 3-week visit your baby will typically receive the Hepatitis B vaccine. There is no expected side effects or fever. For swelling or soreness put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. Do not give any fever reducer medications, as it is not necessary with this immunization.

Call Your Child's Physician If:

- Your baby develops a fever.
- Your child is very irritable and you cannot calm him.

Next Visit- Your baby's next appointment will usually be at the age of 6 weeks. At this time your child will get a set of immunizations. Be sure to bring a shot card from the hospital if you have one.