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NEWBORN (BIRTH – 2 WEEKS)

Every child is unique. The following is a guide to help you better understand what to expect from your child.



HOW DO I MEASURE UP?

WEIGHT: _____ lbs _____ oz _____ %
LENGTH: _____ inches _____ %
HEAD CIRC: _____ cm _____ %



FEEDING: see newborn packet



SLEEPING: see newborn packet



IMMUNIZATIONS: hepatitis B (if not given in hospital)



DEVELOPMENT:

- Makes brief eye contact
- Stares at edges/looks at lights
- Hears, startles easily
- Soothed by calm, rhythmic voices
- Lifts head when lying on tummy
- Sees best at 8-10 inches



SAFETY:

- Encourage hand washing before touching baby
- Try to avoid large crowds for the first 8 weeks
- Back to sleep
- Rear facing infant seat until age 1 AND 20 pounds
- Use a rectal thermometer to measure temperature if necessary. Any child under 2 months with a RECTAL temp > 100.6 needs to be evaluated by a physician
- Encourage tummy time 5-15 minutes/day

