INFANT ADJUSTMENT

How You Are Feeling
• Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
• Call for help if you feel sad or blue, or very tired for more than a few days.
• Know that returning to work or school is hard for many parents.
• Find safe, loving child care for your baby. You can ask us for help.
• If you plan to go back to work or school, start thinking about how you can keep breastfeeding.

Getting to Know Your Baby
• Have simple routines each day for bathing, feeding, sleeping, and playing.
• Put your baby to sleep on his back.
  • In your room.
  • Not in your bed.
  • In a crib, with slats less than 2 3/8 inches apart.
  • With the crib’s sides always up.
• If using a playpen, make sure the weave is less than ¼ inch and never leave the baby in it with the drop side down.
• Hold and cuddle your baby often.
  • Tummy time—put your baby on his tummy when awake and you are there to watch.
• Crying is normal and may increase when your baby is 6–8 weeks old.
• When your baby is crying, comfort him by talking, patting, stroking, and rocking.
• Never shake your baby.
• If you feel upset, put your baby in a safe place; call for help.

YOUR BABY AND FAMILY
• Plan with your partner, friends, and family to have time for yourself.
• Take time with your partner too.
• Let us know if you are having any problems and cannot make ends meet. There are resources in our community that can help you.
• Join a new parents group or call us for help to connect to others if you feel alone and lonely.
• Call for help if you are ever hit or hurt by someone and if you and your baby are not safe at home.
• Prepare for an emergency/illness.
  • Keep a first-aid kit in your home.
  • Learn infant CPR.
  • Have a list of emergency phone numbers.
• Know how to take your baby’s temperature rectally. Call us if it is 100.4°F (38.0°C) or higher.
• Wash your hands often to help your baby stay healthy.

SAFETY
• Use a rear-facing car safety seat in all vehicles.
• Never put your baby in the front seat of a vehicle with a passenger air bag.
• Always wear your seat belt and never drive after using alcohol or drugs.
• Keep your car and home smoke free.
• Keep hanging cords or strings away from and necklaces and bracelets off of your baby.
• Keep a hand on your baby when changing clothes or the diaper.

Feeding Your Baby
• Feed your baby only breast milk or iron-fortified formula in the first 4–6 months.
• Pat, rock, undress, or change the diaper to wake your baby to feed.
• Feed your baby when you see signs of hunger.
  • Putting hand to mouth
  • Sucking, rooting, and fussing
• End feeding when you see signs your baby is full.
  • Turning away
  • Closing the mouth
  • Relaxed arms and hands
• Breastfeed or bottle-feed 8–12 times per day.
• Burp your baby during natural feeding breaks.
• Having 5–8 wet diapers and 3–4 stools each day shows your baby is eating well.

If Breastfeeding
• Continue to take your prenatal vitamins.
• When breastfeeding is going well (usually at 4–6 weeks), you can offer your baby a bottle or pacifier.

If Formula Feeding
• Always prepare, heat, and store formula safely. If you need help, ask us.
• Feed your baby 2 oz every 2–3 hours. If your baby is still hungry, you can feed more.
• Hold your baby so you can look at each other.
• Do not prop the bottle.

What to Expect at Your Baby’s 2 Month Visit
We will talk about
• Taking care of yourself and your family
• Sleep and crib safety
• Keeping your home safe for your baby
• Getting back to work or school and finding child care
• Feeding your baby

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