

Two week check-up PDF

Back to Birth Weight

- Children should be back to their birth weight by 10 to 14 days old.
- After getting back to their birth weight children should gain 1/2 to 1 ounce daily.

Fussiness

- There is a normal peak in fussiness at 6 weeks of life, usually worse in the evenings.
- Spitting up (reflux or GERD) is a common treatable cause of infant fussiness.

Sleep

Create a bright and stimulating day and a dark and boring night

Bedtime routine:

- dim lights
- feed
- bath
- dry off/dress
- swaddle
- feed again/top-off
- pacifier
- place in bed on their back

Fever

- In the first 3 months of life, fever is defined as a rectal temperature of 100.4 F or greater.
- Rectal temperatures are the most accurate.