

CRYING: Many babies my age start to have regular “fussy crying” periods. We often choose to do this in the evening hours. We may need to burn off energy. If you know I’m not hungry, wet, or hurt, try holding me, taking me for a walk, turning on soft music, or wrapping me snugly in a blanket. If you are tired of listening to me cry, let someone else hold me or lay me in my crib for a short time, and give yourself a break.

IMMUNIZATIONS: When I am 4 Weeks old, I need my 2nd Hepatitis B shot.

FEVER: Call the clinic if my rectal temperature is **101 degrees** or higher. Ask for a thermometer if you do not have one.

Dear Mom and Dad,

I want to grow up in a less violent world. You can help by showing me a lot of love. Do not call me bad names or yell at me when I’m crying, because crying is the only way I know how to talk to you when I need something. Please keep guns, drugs, and alcohol out of my house.

Please talk to your health care provider about starting birth control. I was just born and I need all of your attention to help me get a good start on my life.

My next visit to the clinic should be:

I am
Two to Four
Weeks Old

TEEN



TOT

CLINIC

Milwaukee Adolescent

Health Program

277-8900

Age _____

Weight _____

Height _____

SEEING: I love to look at faces. Anything which is 8-10 inches from my face, I can see clearly. Therefore, when you hold me, I will begin to know your face and your voice.

HEARING: It is normal for me to jump with sudden noises. This is a good sign that I'm able to hear. However, I'd rather listen to gentle voices or soft music.

TOUCHING: Hold me often! You will not spoil me. It feels so good when you touch my face, tummy, back, or feet. I love to be rocked.

SUCKING: I need to suck on something even when I'm not hungry. It's okay to give me a pacifier, but **never**, hang it on a cord around my neck.

HICCUPS: I do this a lot during the first two months because air gets into my tummy from crying or gulping my bottle.

SNEEZING: The reason I sneeze is not because I have a cold, but because it is the only way I can clear out my airways.

FEEDING: I will cry to be fed every 2-3 hours, but give me only formula or breast milk. Please don't prop my bottle because I could choke. I would rather be held.

SLEEPING: I sleep almost all day except for the times I wake up to be fed. Lay me on my side when I go to sleep to keep me from choking if I spit up. **DO NOT** lay me on my stomach because it makes it hard to breathe.

BOWEL MOVEMENTS: It is normal for me to strain when I poop. My stool should be seedy-looking, yellowish-greenish, and mushy. If it is ball shaped and hard, call the clinic.

SAFETY: Do not leave me alone on a sofa or bed because I might fall off. Do not lay me in a beanbag, waterbed, or pillow because I might not be able to breathe. Always put me in my car seat correctly when in a car or taxi.

