



Weight:	_____	<input type="checkbox"/> kg	<input type="checkbox"/> lbs
Height:	_____	<input type="checkbox"/> cm	<input type="checkbox"/> in
Head:	_____	<input type="checkbox"/> cm	<input type="checkbox"/> in

Normal Development: 2 Weeks Old

Here's what you might see your baby doing between the ages of 2 weeks and 2 months.

Movement

- movements gradually become smoother and more controlled
- lifts chin for a few seconds when lying on tummy
- cannot support head without assistance
- grasps whatever is placed in hand

Vision and hearing

- may follow some moving objects with eyes
- explores surroundings with eyes
- turns in direction of some sounds

Interactive behaviours

- gives more precise meaning to crying (hunger, discomfort, excitement)
- cries when left alone; usually stops when picked up
- makes variety of gurgling and cooing sounds when happy and content
- makes eye contact
- may quiet down in response to human face
- responds positively to being held and comforted
- may smile socially at familiar faces and voices, especially mother's voice

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviours and physical milestones tend to occur at certain ages, a wide spectrum of growth and behaviour for each age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones.

If you have any concerns related to your child's own pattern of development, check with your paediatrician

Well Child Care at 2 Weeks

Feeding

Your baby is growing! At this age, a baby only needs breast milk. Babies may want to nurse as often as every 2 hours, or even more frequently. Babies usually wake up at night to feed. This is normal.

It is important to hold your baby during feeding. This is a good time to talk and play.

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, or a relative 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. The recommendation is based on information that shows that 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.

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 1 or 2 months. 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.