



2- to 4-Week Checkup

Date: _____

Weight: _____ lb _____ oz _____ %

Height: _____ in/cm _____ %

Head circumference: _____ %

“We’re tired, but getting to know our new baby is amazing.”

—Kaiser Permanente mom

Your baby may be ready to ...

- Respond to sounds by blinking, crying, or appearing startled.
- Look at faces and follow objects with their eyes.
- Lift head briefly while on their stomach.

All babies develop at their own pace. If you have concerns about your baby’s development, talk with their doctor.

- Make sure you rest, eat, and drink enough fluids.
- Give infant vitamin D drops every day to develop strong bones.
- Call us at 866-454-8855 if you need support.
- Learn more at kp.org/mydoctor/breastfeeding.

If you can’t or choose not to breastfeed, formula provides all the nutrition your baby needs.

If you’re formula feeding:

- Feed your baby on demand (about 2 to 3 ounces every 2 to 4 hours).
- Warm bottles in a bowl of hot water or a warmer (don’t use a microwave).

- Ask for support from others.
- Call us if you need help coping with feelings of sadness or anxiety.

Soothing



Hold, talk, and sing to your baby often.

Young babies love to be held. You can’t spoil them by holding them too much.

When your baby is fussy it can help to:

- Feed, burp, and change your baby’s diaper.
- Try skin-to-skin contact, a pacifier, or white noise like a fan.
- Walk or rock your baby.
- Put your baby in the crib for a few minutes when you need a break or ask for help.

Some newborns may cry 1 to 3 hours a day even when they’re dry, fed, and comfortable. This can be stressful, but it doesn’t mean you’re doing anything wrong.

Feeding



Newborns have tiny tummies and need to eat 8 to 12 times or more in 24 hours.

Breast milk is a perfect food for your baby.

If you’re breastfeeding:

- Feed on demand (about every 2 to 3 hours). Whenever your baby wakes up during the day and night, it’s usually time to feed them. Round-the-clock nursing is tiring, but it’s temporary and gets easier over time.

Parenting



Many parents bond with their newborn immediately—for others it takes a while.

Try not to worry if it’s taking longer for you to feel connected.

Stress and lack of sleep can make parenting difficult:

- Rest when your baby naps. Most newborns sleep about 16 to 17 hours per day, 1 or 2 hours at a time. Many don’t develop regular sleep cycles for several months.

Healthy habits



Help your baby thrive and stay healthy as they grow.

- Don't smoke or vape or let others smoke around your baby. Smoking increases the risk of SIDS (sudden infant death syndrome, or crib death), ear infections, asthma, colds, and pneumonia.
- Wash your hands before feeding and after changing diapers.
- Try to avoid crowds and sick people. Ask visitors to wash their hands before holding your baby.
- Place your baby on the floor for a few minutes of "tummy time" each day. This builds neck and shoulder muscles and helps prevent flat spots on the head.
- Hold or "wear" your baby in a carrier. Being close to you helps them feel secure.
- Turn your baby's head to a different side each time you put them down to sleep or nap.
- Keep your baby out of the sun as much as possible. Stay in the shade and cover up.

Safety



Keep your baby safe at home and on the road.

- Put your baby in a properly installed, rear-facing car seat in the back seat for every ride. Never leave your baby alone in a car.

- Don't leave your baby alone on a bed, sofa, or changing table, or in the bath.
- Watch pets closely as they get used to your new family member. Don't leave your baby unattended around them.
- Never shake or spank your baby. This can cause serious injury and even death.
- Be sure anyone who spends time with your baby is up to date on their immunizations—especially Tdap and flu.

Sleeping



Remember the ABCs: Babies should sleep alone, on their backs, in a safe crib.

Reduce the risk of SIDS (sudden infant death syndrome):

- Put your baby to sleep on their back on a firm, flat mattress in a crib or bassinet. Your baby is safest in a crib in your room, but not in your bed.
- Make sure your crib or bassinet meets current safety standards and don't add soft items like blankets, bumpers, or stuffed animals.
- Don't put your baby to sleep in your bed, on a couch or chair, or let yourself fall asleep while holding your baby. If you have questions about co-sleeping, talk to your doctor.
- Offer a pacifier (but don't force your baby to take one). If it falls out once your baby is asleep, don't reinsert it.

Your next checkup is at 2 months.

_____ / _____ (date/time)

Your baby's immunizations (shots) are due at this visit.

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your baby's health.

Call us right away if your baby:

- Has a temperature of 100.4°F or higher. Fevers in babies can mean they're very sick.
- Is vomiting or feeding poorly.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit kp.org/mydoctor for more resources.