

## WEEK 3 – 2 Weeks Old!



Hello! Your baby is now 2 weeks old. You've probably changed many diapers by now. Today we'll be talking about car seats and then we will share some tips on taking care of you!

### Growth Spurt Alert!

Growth spurts usually occur at 2-3 and 6 weeks and at 3 months of age. During a growth spurt babies feed more often. Growth spurts usually last a few days.



### Car Seat Safety

By now you've probably taken a few trips with baby in the car seat. Here are a few tips to remember:

**Back seat:** Your baby is safest in the back seat (in the middle or on the passenger side). It is safest for children under 13 to always ride in the back.

**Rear-facing:** It is safest to keep your child in the rear-facing position for as long as possible or until they reach the maximum height or weight limits of the seat.

**Tight straps:** Avoid dressing children in bulky snowsuits or puffy winter jackets when in a car seat. The straps need to sit securely against the child's chest and the chest clip should be at the armpit level. In cold weather, dress them in tight fitting layers, such as an undershirt, hat and fleece sleeper. Once your child is in the seat and the straps are secure, you can place a blanket over them.

**Remove sleeping babies from the car seat as soon as possible:** Babies (especially those less than one month of age) are at risk of breathing difficulties while in car seats because they lack the strength in their necks to hold their head up. Limit the time in the seat for a newborn and make sure they are positioned properly and breathing comfortably when travelling.

**Never leave your child alone in the car:** Children have suffered from heat- and cold-related injury and even death when they have been left alone in cars.

Video: [Car Seat Safety](#)

Learn more at:

- [Parachute Canada](#)
- [Transport Canada Car Seat Safety](#)



It's okay to take care of yourself. It's part of parenting.

You are a parent, and you are important.

- It's okay and normal to ask for help. Taking care of a newborn is a lot of work! Be direct, for example, "can you please throw a load of laundry in for me?" or "can you please bring dinner when you come to visit?"
- Learn to let things go. Crumbs and overflowing laundry are normal.
- Check in with friends and family that make you feel good. Attend a group to meet other parents.
- Try taking a walk outside. Nature, fresh air, and exercise can make you feel better.

### **Perinatal Mood Disorders (PMD)**

Parents can have a wide range of mood changes after their baby is born, including anxiety and depression.

**REMEMBER: you are not alone, you are not to blame, and with help, you will get better.**

About 1 in 5 new moms and 1 in 10 partners will develop a mood disorder in the first year after their baby is born. Symptoms may include:

- Crying and sadness
- Feelings of guilt, shame, or hopelessness
- Feelings of anger or irritability
- Constant worry, racing thoughts
- Dizziness, hot flashes, and nausea

If you're not feeling like yourself, talk to your health care provider. Medication and therapy can help. If you are having thoughts of hurting yourself or your baby, call 911 or go to the hospital right away.

For more information, please see: [Life with a new baby is not always what you expect](#)



## **EarlyON Child and Family Centres**

Meet other parents, learn parenting tips, and have fun with your child at free programs.

### **Peterborough Child and Family Centres**

Tel: 705-748-9144

Facebook: [Peterborough Child & Family Centres - Home | Facebook Programs](#)

### **Old Millbrook School EarlyON Child and Family Centre**

Tel: 705-932-7088

Facebook: [www.facebook.com/millbrookfamilycentre/Programs](http://www.facebook.com/millbrookfamilycentre/Programs)

**We hope you have a great week!  
We will be in touch with you again next week.**

