

WELL CHILD CARE AT 2 MONTHS

NUTRITION

- Babies only need breast milk or formula. They do not need water.
- Most babies should be feeding 8-12 times a day on either breast milk or iron fortified formula.
- Even if you give your baby only breast milk, occasionally give pumped breast milk in a bottle.
- Do not give baby cereal in the bottle, unless directed to do so by a physician.
- Always hold your baby up at an angle while feeding.

DEVELOPMENT

- Babies will start to smile at this age.
- Babies can fix and follow with their eyes.
- Babies can lift the head briefly. Continue to do “tummy time”, increasing the amount of time as the baby shows he/she enjoys the activity.
- Babies can make cooing sounds in response to people speaking to them.

SLEEP

- Many babies wake up every 3 – 4 hours, while others sleep through the night.
- Do not put your baby in bed with a bottle.
- Place baby to sleep on back and on a firm mattress.

HEALTH/SAFETY ISSUES

Health

- Make sure you have a working thermometer at home.
- Anyone who will be in close contact with the baby needs Tdap.
- If it is the flu season, anyone who will be in close contact also needs the flu shot.
- Avoid second hand smoke exposure – remember even if you do not smoke in front of your baby, there is some smoke residue in your hair and clothes.

Safety

- Car seat should be in the back middle seat and rear facing.
- Never leave baby in the car alone.
- Do not put pillow and fluffy blankets in the crib.
- Always buckle your baby into bouncy seats and swings.
- Never leave your baby alone on a bed, couch, or changing table.

Postpartum Depression

- Having a baby can be both exhilarating and exhausting. Because of the rapid changes in the hormones, most women have mood swings. New moms can feel depressed, tearful, or anxious. Most of these feelings come and go and decrease in 1-2 weeks. If these feelings become more intense or overwhelming and are lasting longer than 2-3 weeks, you may be experiencing postpartum depression. Please call your doctor so that you can get more help.

IMMUNIZATIONS

- At 2 month visit, babies generally have some vaccines.
- Your baby may run a fever or have some redness, swelling, and soreness at the injection site. Cool compresses and acetaminophen should help decrease injection pain; sometimes warm compresses and gentle massage can help decrease muscle pain.
- Ask your doctor for dosage of Tylenol or acetaminophen based on the baby's weight. The AAP does not recommend Ibuprofen for infants younger than 6 months old.
- Call your doctor if your baby has a fever that lasts more than 36 hours.

NEXT VISIT

- Your baby's next visit is at 4 months of age. Please bring your shot record.