

2 Month Old Handout

How You Are Feeling

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Find ways to spend time alone with your partner.
- Keep in touch with family and friends.
- Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby's hand.
- Spend special time with each child reading, talking, or doing things together.

Your Growing Baby

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on his/her back.
 - In your room.
 - Not in your bed.
 - In a crib, with slats less than 2 3/8 inches apart.
 - With the crib's drop side always up.
 - Give your baby a pacifier.
 - Put your baby to sleep drowsy.
- Your baby may be sleeping through the night, but many babies still wake for one feeding in the middle of the night.
- Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust between you and your baby.
- Your baby should be raising his head when lying on his stomach, following you with his eyes, and smiling. Soon he will start to roll over and coo.
- Tummy time—put your baby on her tummy when awake and you are there to watch.
- The best protection against the sun is to avoid exposure.
- When outside, cover with clothing. Use a hat and sunscreen on exposed areas.
- Test your baby's sensitivity to sunscreen before using by trying a small amount on a patch of exposed skin. Look for a PABA-free sunscreen with a SPF of 30 or greater.
- Learn what things your baby does and does not like.
- Notice what helps to calm your baby such as a pacifier, fingers or thumb, or stroking, talking, rocking, or going for walks.

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your seatbelt and never drive after using alcohol or drugs.
- Keep your car and home smoke free.

- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby.
- Your baby can roll over, so keep a hand on your baby when dressing or changing him. Never leave your baby alone on a table or bed.
- Set the hot water heater so the temperature at the faucet is at or below 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

Your Baby and Family

- Start planning for when you may go back to work or school.
- Find clean, safe, and loving child care for your baby.
- Ask us for help to find things your family needs, including child care.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

Feeding Your Baby

- Feed only breast milk or iron-fortified formula in the first 4–6 months.
- It is advised to use ready to feed formula until your baby is 3 months old.
- Avoid feeding your baby juice and water
- Feed your baby when your baby is hungry.
 - Feed your baby when you see signs of Hunger: putting hand to mouth, sucking, rooting, and fussing
 - End feeding when you see signs your baby is full: turning away, closing the mouth, relaxed arms and hands
- Burp your baby during natural feeding breaks.
- Your baby will start to feed at longer intervals (every 4 hours or longer at night)
- If Breastfeeding:
 - Feed your baby 8 or more times each day.
 - Plan for pumping and storing breast milk. Let us know if you need help.
- If Formula Feeding:
 - Feed your baby 6–8 times each day.
 - Make sure to prepare, heat, and store the formula safely. If you need help, ask us.
 - Hold your baby so you can look at each other.
 - Do not prop the bottle.
- Plan to start feeding your baby solids between 4-6 months of age. It is not recommended to start solids earlier, as your baby has not developed an adequate swallow mechanism.

Vomiting and Diarrhea

- Pedialyte is a clear liquid that may be tolerated better than breastmilk or formula during an episode of vomiting and diarrhea.
- If your baby has the above symptoms encourage fluids.
- Try small and frequent amounts of Pedialyte for 24 hours.
- Look for 4-5 wet diapers per day as a sign the his not getting dehydrated.

- Call us if symptoms persist longer than a day, he is not having enough wet diapers, or you have concerns.

Immunizations

- DTaP, Hemophilis type B (Hib), Polio, Hepatitis B, Prevnar, and Rotavirus vaccines were given today.
- What to expect after vaccines:
 - Fussier or sleepier than usual
 - Develop a fever
 - Pain or redness at the injection site
- You can give your baby acetaminophen if your baby is uncomfortable or has a fever.
- If your baby has a fever higher than 102 F rectally, call our office.
- For more information, go to www.cdc.gov/vaccines/.

The next well visit is the 4 month visit.

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org