

Well Child Handout: Your child at 2 Months



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NEXT WELL VISIT: 4 months of age

Vaccines Information Sheet (VIS)

<https://www.cdc.gov/vaccines/hcp/current-vis/>

DEVELOPMENT

All babies develop at their own rate. At this age you may notice that your baby:

- Smiles and coos at you
- Turns his or her head toward your voice
- Follows and object with his or her eyes
- Raises her or her head when lying on the tummy
- Shows better head control
- Grasps a rattle briefly
- Unexplained crying spells and colic are still normal at this age. Be patient—they will improve over the next one to two months. Swaddling, rocking and cuddling may soothe your baby. Try giving him or her a pacifier. Remember to ask friends and family for help when you need it.

NUTRITION

Babies at this age get all their nutrition from breast milk or formula and don't need to drink water. In most situations, breastfeeding is best. Here are some facts and tips on feeding your baby:

- Breast-fed babies may nurse five to eight times a day.
- Bottle-fed babies may drink three to six ounces at every feeding, and may feed five to eight times a day
- Night feedings are normal at this age.
- Babies should take 400 international units (IU) of vitamin D daily. You can get vitamin D over the counter. Ask your doctor for details.
- Do not prop bottles in your baby's mouth.
- Do not give your baby solids or add cereal to his or her bottles.
- Do not give your baby honey.

SAFETY

- Never shake your baby.
- Set your water heater to 120 degrees Fahrenheit so you won't burn your baby.
- Always put your baby to sleep on his or her back. Babies should sleep on a firm mattress covered with a fitted sheet. Keep pillows, bumpers, blankets and toys away from your baby while he or she sleeps.
- Always place your baby in a car seat that faces backward in the back seat. For more information on car seats or to find a car seat inspection office in your area, go to the National Highway Traffic Safety Administration Web site: nhtsa.gov.
- Never leave your baby alone in a car or a bath or on high surfaces.
- Do not cook or drink hot liquids while holding your baby.
- Do not let people smoke around your baby.
- Never tie a pacifier or put jewelry around your baby's neck.
- Make sure that your baby's toys do not have sharp edges or small pieces that could break off. The toys should be at least one and a half inches wide—your baby could choke on them if they are smaller than that. Keep balloons and plastic bags away from your baby—they are dangerous and can suffocate children.
- Make sure that the smoke and carbon monoxide detectors in your home are working.

- If you are worried about violence in your home, please speak with your doctor or contact the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or ndvh.org.
- Keep the Poison Control Hotline number handy: 1-800-222-1222.

FOCUS ON FAMILY

- Postpartum depression can happen at any time during the first year. While postpartum blues are common during the first few weeks, they usually get better. If moms feel sad, anxious or depressed beyond this time, they should seek help and talk with their doctor. You can find more information online at postpartum.net.
- Older brothers and sisters may feel jealous of the new baby. Spending time alone with your older children may help.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

PROMOTING DEVELOPMENT

- Talk, read and sing to your baby.
- Play music for your baby.
- Hold and cuddle your baby often.
- Place your baby on his or her tummy during playtime.
- Create a regular bedtime routine.
- Do not let your baby watch TV or baby videos.

WHEN TO CONTACT YOUR DOCTOR'S OFFICE

- Contact your doctor if you have questions about your baby or if he or she:
- Has a rectal temperature of 100.4 degrees or higher
- Cries a lot more than normal or can't be comforted
- Has trouble breathing
- Is limp or sluggish

ADDITIONAL RESOURCES

- American Academy of Pediatrics, Healthy Children website
<https://www.healthychildren.org/english/ages-stages/baby/Pages/default.aspx>
- Breastfeeding Resource, KellyMom.com
<https://kellymom.com>