

**AGE: 2 MONTHS**

Date \_\_\_\_\_

*GROWTH*

Weight:	lbs	oz	(	%)
Height:	inches		(	%)
Head Circumference:	inches		(	%)

**IMMUNIZATIONS**

DTaP	Diphtheria, Tetanus, Acellular Pertussis
Hib	Haemophilus B
IPV	Injectable Polio (Inactive)
PCV13	Pneumococcal

Please review the CDC (Center for Disease Control and Prevention) handouts that our staff has provided. These immunizations may cause pain and redness at the injection site, as well as a fever. These are normal reactions to the vaccines. If your baby develops a fever and/or is fussy from the immunizations, you may give Children's Acetaminophen to your baby. For Children's Acetaminophen (Tylenol) **160mg/5ml** use the following dosing: if baby is less than 12lbs, use  $\frac{1}{4}$  tsp or 1.25ml every 4 hours as needed. For babies over 12lbs use 1/2tsp or 2.5ml every 4 hours as needed.

*FEEDINGS*

Babies at this age should only be fed breast milk or formula and should not have solid foods, rice cereal, water, or juice. If your baby is formula-fed, they should be consuming 3 oz every 4 hours. You can increase the amount if your baby seems to want it. Remember, 2-month-old babies should have no more than 4 oz every 4 hours. For breast-fed babies, feedings should be spaced every 3-4 hours. If your baby is throwing up, fussy, congested, or has a lot of gas, this may represent overfeeding. Always hold your baby when feeding. Never prop or lay your baby down with the bottle.

**STOOLS**

If your baby is breastfeeding, you may have noticed that their bowel movement pattern has changed from 8-10 stools per day to 1 stool per day or every 5-7 days. This is a completely normal occurrence as long as your baby is feeding well, not vomiting, and happy. The formula fed baby may have a bowel movement less often and stools may be green or yellow.

## *SLEEP*

Teaching your baby to sleep may be one of the most important things you can do for them. The key is your baby needs to be able to sleep without your assistance. Now is the time to put them in their crib and in their room, **awake**. They will cry. It will be very tough, but if you allow them to, they will learn to comfort themselves, and have more restful sleep. Babies can cry for several hours for the first few nights, but it will not harm them. The second key is to put them down BEFORE they are overtired, usually between 6-8 pm. Contrary to popular belief, the earlier they go to sleep, the later babies sleep. For a lot of help with sleep including naps, get the book: *Healthy Sleep Habits, Happy Child* by Marc Weissbluth, M.D.

## *DEVELOPMENT*

All babies develop at their own pace. There is a wide variety of what is considered to be normal when discussing development. Never compare your baby to other babies, simply enjoy and encourage what they are doing.

At this age, babies become much more interactive and are usually smiling, cooing, and sometimes laughing. Your baby will soon be able to roll over and is probably holding and lifting their head up more. More purposeful hand movement is common now and your baby is probably grabbing and reaching for objects.

## *PLAY AND LEARN*

Babies at this age love faces and voices. Talk, sing, and even read to your baby. Bright colored toys are preferred such as mobiles, rattles, and flexible teethingers. Music and noisy toys are favorites at this age. It is also a good idea to give your baby tummy time for at least 10 minutes, twice a day.

## *SAFETY*

1. Car seat- Use an infant car seat in the back seat, facing the rear of the car.
2. SIDS (crib death) - Continue to place your baby on their back or side when they sleep. Avoid the use of pillows, stuffed animals, and blankets/comforters in order to prevent SIDS. Never co-sleep with your baby as this can lead to SIDS. Do not over bundle or overheat your baby as this can also lead to SIDS.
3. Crib- As babies continue to roll and move more, lower the crib mattress accordingly.
4. Swings and Bouncers- When using swings and bouncers, make sure you strap your baby in.
5. Burns- Lower your homes hot water heater to less than 120 degrees. Never hold hot liquids while holding your baby.

## *WHAT'S NEXT?*

Your baby's next appointment is at 4 months of age for a well check up and immunizations.