



Date: _____

Weight: _____

Height: _____

Head Circumference: _____

Well Child Care at 2 Months

Feeding

At this age, your baby needs only breast milk or infant formula to grow healthy and strong. At this age most babies take about 4 to 5 ounces of formula every 3 to 4 hours. If you give your baby breast milk, it is a good idea to sometimes feed your baby with pumped milk that you put in a bottle. Then your baby will learn another way to drink milk and other people can enjoy feeding your baby. Always hold your baby during feeding time. Then your baby learns that you are there to meet his needs. This is an important and special time. It is not time to start cereal or baby foods yet. Cereal can be started at 6 months of age. Breast-fed babies need to take 1ml daily of Vitamin D until 4 months of age.

Development

Babies start to lift their heads briefly. They reach for things with their hands. They enjoy smiling faces and sometimes smile in return. Cooing sounds are in response to people speaking gentle, soothing words. Sleep: Many babies wake up every 3 to 4 hours, while others sleep for longer periods during the night. Every baby is different. Feeding your baby a lot just before bedtime doesn't have much to do with how long your baby will sleep. Place your baby in the crib when he's drowsy but still awake. Do not put your baby in bed with a bottle. Ask your healthcare provider for ideas about ways to keep your baby alert and awake during the day and sound asleep at night.

Reading and Electronic Media

Your baby will enjoy just hearing your voice. You can read aloud your favorite mystery or spy novel while feeding or cuddling with the baby. Never prop your baby in front of a television.

Safety Tips

Never leave your child alone, except in a crib in case of choking and/or suffocation.

- Use a crib with slats not more than 2 and 3/8 inches apart.
- Place your baby in bed on his back.
- Use a mattress that fits the crib snugly and do not use bumper pads.
- Keep plastic bags, balloons, and baby powder out of reach.

Fires and Burns

- Never eat, drink, or carry anything hot near the baby or while you are holding the baby.
- Turn your water heater down to 120°F (50°C).
- Install smoke detectors.

- Keep a fire extinguisher in or near the kitchen.

Falls

- Never step away when the baby is on a high place, such as on a changing table.
- Keep the crib sides up.

Car Safety

- Never leave a child alone in a car.
- Use an approved infant car safety seat and follow the instructions for proper use. If you aren't sure how to install the seat in your car, contact a local fire department.
- Parents should always wear seat belts.

Smoking

- Infants who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.

Normal Development: 2 Months Old

Here's what you might see your baby doing between the ages of 2 and 4 months.

Daily Activities

- Crying gradually becomes less frequent.
- Shows greater variety of emotions: distress, excitement, delight.
- Sleeps for longer periods during the night.
- Smiles, gurgles and coos, particularly when talked to.
- Shows more distress when an adult leaves.
- Quiets down when held or talked to.
- Does not think things exist if they cannot be seen, touched, or tasted.

Vision

- Focuses better, but still no more than 12 inches.
- Follows objects by moving head from side to side.
- Prefers things that are brightly colored.

Hearing

- Knows the difference between male and female voices.
- Knows the difference between angry and friendly voices.

Motor Skills

- Moves more smoothly.
- Lifts chest for a short time when lying on tummy.
- Holds head steady when held or seated with support.
- Discovers hands and fingers.
- Grasps with more control.
- May bat at dangling objects with entire body.

Each child is unique. Some behaviors and physical milestones tend to happen at certain ages, but a wide range of growth and behavior for each age is normal. It is natural for a child to reach some milestones earlier and other milestones later than the general trend. If you have any concerns about your child's own pattern of development, check with your healthcare provider.

Immunizations

At the 2-month visit, your baby should be receiving vaccines. Vaccines can be combined to reduce the total number of shots for your baby. Your baby may run a fever and be irritable for about 1 day after getting shots. Your baby may also have some soreness, redness, and swelling where the shots were given. You may give acetaminophen drops in the appropriate dose to prevent the fever and irritability. For swelling or soreness put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. Call your child's healthcare provider if:

- Your child has a rash or any reaction other than fever and mild irritability.
- You are concerned about the fever.

Next Visit

Your baby's next routine visit should be at the age of 4 months, and will again receive vaccines.

Upper Respiratory Infection (URI) in Babies

What is a URI?

A URI, or upper respiratory infection, is an infection which can lead to a runny nose and congestion. In a young infant, the small size of the air passages through the nose and between the ear and throat can cause problems not seen as often in larger children and adults. Infants and young children average 6 to 10 upper respiratory infections each year.

How does it occur?

A URI can be caused by many different viruses. Your child may have caught the virus from another person or got it from touching something with the virus on it.

What are the symptoms?

Symptoms may include:

- Runny nose or mucus blocking the air passages in the nose
- Congestion
- Cough and hoarseness
- Mild fever, usually less than 100°F
- Poor feeding
- Rash.

How is it diagnosed?

Your child's healthcare provider will review the symptoms and may look in your child's ears to make sure there is not an ear infection. A sample of nasal secretions may be tested.

How is it treated?

Because your baby has such small nasal air passages, congestion and mucus can cause trouble breathing. Most babies do not eat well when they are having trouble breathing. Use a small bulb and saline drops to help clear the air passages. Put 1 drop of warm water or saline (about 1 teaspoon salt in 2 cups of water) into each nostril, one nostril at a time. Gently remove the mucus with the bulb about a minute later. Your healthcare provider can show you how this is done. Antibiotics can kill bacteria, but not viruses. If your child has a viral illness such as a URI, an antibiotic will not help. If your child has an ear infection caused by bacteria, your healthcare provider may prescribe an antibiotic to treat it. A humidifier in your child's room may help. (The humidifier must be cleaned every 2 to 3 days.) Do not give a child under age 6 years any cough and cold medicines unless specifically instructed to do so by your healthcare provider. These medicines may be dangerous in young children. Never give honey to babies. Honey may cause a serious disease called botulism in children less than 1 year old.

How long will it last?

Symptoms usually begin 1 to 3 days after exposure to the virus, and can last 1 to 2 weeks.

How can I help prevent URI?

- Viruses causing an URI are spread from person to person, so try to avoid exposing your baby to people who have cold symptoms. Avoiding crowded places (such as shopping malls or supermarkets) can help decrease exposures, especially during the fall and winter months when many people have colds.
- Keeping hands clean can also help slow the spread of viruses. Ask people who touch your baby to wash their hands first.
- Influenza is common in the winter. Family members should get a flu vaccine, to reduce the risk of your baby being exposed.

When should I call my child's healthcare provider?

Call immediately if:

- Your child has had no wet diapers for more than 8 hours.
- Your child has very rapid breathing (more than 60 breaths in a minute) or trouble breathing.
- Your child is extremely tired or hard to wake up.
- You cannot console your child.

Call during office hours if:

- Your child has a rectal temperature of 100.4 or higher at less than 12 weeks of age.

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For any questions or concerns please call our office at 817-417-9001.