

YOUR BABY AT 2 MONTHS

FEEDINGS

Breast milk or formula continues to supply all the nutrients and fluids necessary at this age. No solids are required. There is evidence that feeding solid foods too early can increase the risk of obesity and food allergies. Do not give HONEY. Old bottles and/or nipples should not be used as harmful chemicals may leach out of plastic over time. Refer to the breast milk storage handout for instructions on freezing breast milk.

DEVELOPMENT

At two months, babies will follow objects with their eyes, smile (one of the best responses a parent can have!) and lift the head while on the tummy. Although babies should ALWAYS SLEEP ON THEIR BACK, they need daily "tummy-time" while awake to develop other muscle groups. These "tummy-time" episodes should be several times a day and last 20 minutes.

MEDICATIONS

Breast feeding mothers should continue their prenatal vitamins (this is mainly for Mom - the mother's body will take vitamins from the mother to make healthy breast milk). Formula fed infants receive adequate vitamin supplements from commercially prepared formula.

Now that your baby is past the 2 month mark, you can give acetaminophen (i.e. Infant Tylenol) for simple fever (such as may occur after immunizations). Use the following dose schedule according to weight:

0 - 10 lbs.	- 0.4 ml every 4 hours
10 - 11 lbs.	- 0.6 ml every 4 hours
12 - 17 lbs.	- 0.8 ml every 4 hours

If any medicine comes with a dropper, use that dropper to measure the medicine. It is important to use an accurate device to measure ALL medicines for your baby; these devices can be purchased at the pharmacy.

SLEEP

(Helpful hints for preventing problems)

- Babies should not sleep with parents.
- Move your baby out of your room (the baby will awaken, see you and want to be with you)
- Don't allow your baby to hold his bottle and take it to bed (this leads to cavities when teeth erupt)
- Do not wake your baby up to feed during the night; the baby will call you if hungry.

Babies should ALWAYS sleep on their back to decrease the chance of "crib death" (SIDS)

COMMON CONCERNS

Check your child's rectal temperature if he feels warm or is acting ill. If your child is acting ill or you have concerns, contact your physician. Remember, a fever can occur after the immunizations given at 2 months (refer to the vaccine handouts you were given or look at them on the website). Unless your child appears ill or is having one of the significant reactions noted in the vaccine information, there is no need to contact your physician when fever is associated with immunizations.

If your baby seems to prefer looking in one direction and has a flattened area on the back of the head, this is probably a result of positioning while sleeping. If you notice this occurring before time for your next visit, come in and let Dr. Elias or Dr. Lacy evaluate it.

Remember to use a car seat at all times, and NEVER leave your baby unattended.

If you must turn away from your baby, keep one hand on him or pick him up and take him with you; babies fall from changing tables and counters quickly!!

IMMUNIZATIONS

Dr. Elias or Dr. Lacy will discuss with you which immunizations your baby will receive today.

- DTaP (Diphtheria, Tetanus, acellular Pertussis,)
- IPV (Inactivated Polio vaccine)
- Hib (Haemophilus Influenza B - a bacteria germ that causes meningitis)
- Hep B (Hepatitis B - a virus that causes liver disease and leads to liver cancer)
- Pneumococcal (Streptococcus pneumonia - a bacteria germ that causes meningitis)
- Rotavirus (a virus that causes severe vomiting and diarrhea) * this is an oral vaccine

Please review the immunization schedule and handouts before coming to your 4 month visit

(available on the website under vaccine section)

TODAY'S WEIGHT: _____

LENGTH: _____

H C : _____

SPECIAL INSTRUCTIONS: