

## 2 MONTH OLD WELL CHILD VISIT

### What do 2 Month Olds Do?

- Your baby is smiling and responding to you more. Take advantage of this by cuddling with her, talking to her, reading to her, holding her and playing with her. This will strengthen the bond between you. You won't spoil her.
- She will start to coo and may even babble. Respond to these sounds by making sounds too. Singing and talking during typical daily routines will help her learn language skills.
- She is better at showing you that she is hungry, tired, sleepy or happy. She may try to comfort herself by sucking on her fingers or hand.
- She can hold her head up and has good control of her head when she is held sitting up. Help her improve her motor skills even more with "tummy time" while awake.
- She stays awake for longer stretches of time and can sleep for longer periods of time. She is starting to have a sleeping and eating schedule.
- She will begin to follow objects and faces with her eyes around the room. Encourage her with brightly colored objects and toys.

### Things to Know about Caring for 2 Month Olds

#### Feeding:

- Breastmilk or formula is the only food your baby needs for the first 4-6 months. Don't give your baby cow's milk, juice, water, baby food or cereal yet.
- Breastfed babies: (Congratulations if you are still breastfeeding!!). Most babies will eat every 2-4 hours with one 4-5 hour stretch between feedings at night; usually a total of 8-12 feedings per day. Talk to your pediatrician about Vitamin D supplements for your baby.
- Formula-fed babies: Continue using an iron-fortified formula. Babies usually eat every 3-4 hours with one 5-6 hour stretch between feedings at night. Babies this age average 26-28 ounces in 24 hours. Talk to your pediatrician first before changing formulas.

- If your baby does not take all of the milk in a bottle, put the bottle back in the refrigerator. If it has been heated and out of the refrigerator for 1 hour or more, throw it away. Warm a bottle by putting it in warm water rather than putting it directly in the microwave. Hold the bottle instead of propping it in your baby's mouth. This can cause choking, ear infections and cavities.

### **Diapers:**

- Your baby may transition to having one or fewer stools a day. Your baby's stools should not be hard or painful. Call your pediatrician if they are.

### **Sleeping Tips:**

- Put your baby to sleep on his back to decrease his risk for SIDS (sudden infant death syndrome). The safest place for your baby to sleep is in her crib, not in bed with you. Keep regular routines of eating and napping during the day.
- Try to put him to sleep in the same place, around the same time, and when he is drowsy but not completely asleep. This will help him start to sleep through the night sooner.

### **Looking Ahead:**

- Babies at this age may start to have colic (when your baby cries for no obvious reason). If she is fed, clean, and safe and you are getting upset, place her in the crib and take a break. Never shake a baby. Crying won't hurt her. Swaddling her, rocking her, giving her a pacifier, walking outside with her, or turning on background noise (like the TV or clothes dryer) might help.
- Don't give your baby cough/cold medicine; only saline nasal spray used with a nasal suction bulb is safe for congestion in a baby.