

# 2 MONTH VISIT

Child's name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## TODAY'S MEASUREMENTS:

HEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

WEIGHT: \_\_\_\_\_ ( \_\_\_\_\_ %ile)

HEAD CIRCUMFERENCE: \_\_\_\_\_ ( \_\_\_\_\_ %ile)



## Your Growing Baby

- All babies develop at their own rate. At this age, you may notice that your baby:
  - Smiles and coos at you
  - Turns her head towards your voice
  - Follows an object with her eyes
  - Raises her head when laying on her tummy
  - Grasps a rattle briefly
- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on her back.
  - In your room
  - Not in your bed
  - In a crib or bassinet
  - Give your baby a pacifier
  - Put your baby to sleep drowsy
- Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust between you and your baby.
- Tummy time - put your baby on her tummy when awake and you are there to watch.
- Learn what things your baby does and does not like.
- Notice what helps to calm your baby, such as a pacifier, fingers or thumb, or stroking, talking, rocking, or going for walks.

## Immunizations

- DTaP (Diphtheria, tetanus, and pertussis)
- HiB (Haemophilus influenzae)
- Polio
- Prevnar (Strep pneumoniae)
- Rotavirus
- Hepatitis B (if needed)

## Possible Side Effects

- Fever
- More irritability of fussiness
- Discomfort, redness, or swelling at the site of the shot



If needed, you can give your baby acetaminophen (Tylenol).

Contact your doctor if symptoms are severe or last longer than 48 hours.

### TYLENOL DOSE (ACETAMINOPHEN) INFANTS & CHILDRENS

6-11 lbs	1.25ml
12-17 lbs	2.5ml

### POISON CONTROL

1-800-222-1222

### CHILD SAFETY SEAT INSPECTION

[seatcheck.org](http://seatcheck.org)

### NEXT VISIT

Four months of age

# Feeding Your Baby

Babies at this age get all their nutrition from breast milk or formula and don't need to drink water or eat solid food.

- Feed your baby when your baby is hungry. Signs of hunger include:
  - Putting hand to mouth
  - Sucking, rooting, and fussing
  - Sucking, rooting, and fussing
- End feeding when you see signs your baby is full
  - Turning away
  - Closing the mouth
  - Relaxed arms and hands
- If breastfeeding
  - Feed your baby 8 or more times each day
- If formula feeding
  - Feed your baby 3-4oz at every feeding, 6-8 times each day
  - Do not prop bottles in your baby's mouth
- Night feedings are normal at this age

**“Unexplained crying spells and colic are still normal at this age. Be patient - they will improve over the next 1-2 months. Swaddling, rocking, and cuddling may soothe your baby. Try a pacifier. Remember to ask friends and family for help when you need it.”**

# Safety

- Never shake your baby
- Always put your baby to sleep on 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 she sleeps.
- Use a rear-facing car safety seat in the back seat of all vehicles
- Keep your car and home smoke-free
- Your baby might be able to roll over, so keep a hand on your baby when dressing or changing her
- Never leave your baby alone in bathwater, even in a bath seat or ring
- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby
- Never tie a pacifier or put jewelry around your baby's neck
- Do not cook or drink hot liquids while holding your baby
- 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 (7233) or ndvh.org

## WHEN TO CALL YOUR DOCTOR

- If baby has a rectal temp of 100.4 or greater
- Crying a lot more than normal or can't be comforted
- Having trouble breathing
- Acting limp or sluggish

## FOCUS ON FAMILY

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Find ways to spend time alone with your partner
- Keep in touch with family and friends
- Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby's hand
- Older brothers and sisters may feel jealous of the new baby. Spend special time with each child reading, talking, or doing things together
- Postpartum depression can happen anytime during the first year. If moms feel sad, anxious, or depressed, they should seek help and talk with their doctor

