

## 2 month Check-up

Normal Development Your baby may...

Social:

- Smile easily
- Follow a slow moving object with his eyes

Language/Communication:

- Begin to demonstrate differentiated types of crying and behavior to indicate needs for food, sleep, play, and comforting
- Coo and gurgle

Motor:

- Hold up head and begin to push up in tummy position for a few seconds
- Have head control in supported sitting position
- Move arms and legs symmetrically and vigorously

Sleep

- At this age, your baby is still developing regular sleep patterns. Help your baby by paying attention to cues for sleep and by sticking to a regular schedule for naps and nighttime sleep.
- At this age, and sleep between 10-19 hours per day (average 14 hours per day).
- Infants usually do not sleep through the night at this age, and have one long stretch of sleep during a 24-hour period, often during the daytime. More frequent feedings during the daytime will help him have a longer, 4- to 5-hour sleep stretch during the night.
- Do not put your baby to sleep on a soft surface, such as a couch or pillow, and avoid co-sleeping to reduce the risk of suffocation.
- Put your baby to sleep on his back or side to reduce the risk of SIDS.
- Crib slats should be less than 2 3/8 inch apart. Never leave the side of the crib down while your baby is in it.

Diet

- Breast milk or formula is your baby's main source of nutrition.
- Usually, healthy babies do not require extra water. Breast milk and formula are adequate to meet the baby's fluid needs.
- Juice is not recommended in the first 6 months of life.
- An infant's stomach is still small; therefore, your baby still needs to eat every 2 to 4 hours, about 8 to 12 feedings in 24 hours. They may also feed more frequently when they go through growth spurts.
- By 3 months of age, breastfed infants generally will be feeding every 2 to 3 hours.
- It is common for babies to begin to vomit, regurgitate, or arch their back after feeding at this age due to a floppy connection between their esophagus and stomach. To avoid this, burp frequently and leave your baby in an upright position for 15-30 minutes after feeding.
- Breast milk can last up to 1 month in a freezer attached to the fridge or 3-6 months in a deep freezer. Once thawed it should be used within 24 hours.
- Breast milk that you do not freeze is good in the fridge, sealed for 72 hours.
- Vitamin D- Lack of Vitamin D can cause rickets, or brittle bones. All breastfed babies need supplemental Vitamin D. Give 1 cc of Polyvisol or Trivisol every day.
- Fluoride- Usually your child needs no additional fluoride. Your child gets fluoride in tap water. Because the fluoride content of bottled water and well water varies, you should use tap water in mixing your child's formula, and for general drinking and cooking.
- Iron- Usually iron drops are not necessary. Your child gets iron in breast milk and iron-fortified formula. Baby food started around 4-6 months of age is also a good source of iron

### Stimulation

- Responding to your baby's sounds by making sounds and by showing your face as you talk, encourages him to "talk back." This kind of "turn taking" is a foundation of language and conversation, and supports his continuing brain development.
- At this age, babies are developing the ability to put their hands to his mouth, suck on their fingers, or use a pacifier. This is one of the ways they will learn to calm themselves, and it is normal, age-appropriate behavior. They will use these methods until they are able to use other self-calming strategies. Some parents think it means that their baby is still hungry, but it does not.
- Many babies have fussy periods in the late afternoon or evening. These fussy periods peak at 2 months age, and typically start to ease around 3 months of age. These are normal.
- There are many possible strategies for calming your baby, including just being there with him, talking, patting or stroking, bundling or containing, holding, and rocking. Other calming strategies include caressing or dancing with your infant, walking with him in a carriage or stroller, and going on car rides. Some babies can be very difficult to calm no matter what you do.
- If your baby is being very fussy and you have checked that he is fed, clean, and safe and you are beginning to get upset and frustrated, put the baby in his crib and give yourself a break. Babies cry a lot at this age; it gets better as they get older. Crying won't hurt your baby.
- Good toys at this age include rattles and squeeze toys that are easy to squeak. Avoid toys that easily pull apart, small toys, or plastic bags as all of these things can be a choking hazard.
- Be sure to give plenty of "tummy time" while the baby is awake and you are watching him. It is important for development of core and neck muscles, and to prevent head flattening.

### Safety

- A rear-facing car seat that is properly secured in the back seat should always be used to transport your baby in all vehicles, including taxis and cars owned by friends or other family members.
- Never place your baby's car seat in the front seat of a vehicle with a passenger air bag because air bags deploy with great force against a car seat and cause serious injury and death.
- Never leave your baby on a surface where he can roll off. Even at this age, he may begin to roll or wiggle off a table.
- Avoid holding your baby when you are cooking, drinking hot liquids, or smoking.
- A baby should not be left alone for even a second in a tub of water, even if using a bath ring or seat.
- Turn your water temperature down to less than 120 degrees to avoid significant burns.
- Install smoke alarms on every floor, and change the batteries every 6 months.

### Health Maintenance

- Immunizations- See immunization handout.
- Fever- Call the office if your baby has a rectal temperature over 100.4 in the first 3 months of life. (\*Exception in the 48 hours after vaccines) In the first 3 months, even this low-grade fever is considered an emergency.
- Your baby's next check up is at 4 months age.