



# Two-Month Visit

Congratulations, your baby is two months old! This is an exciting time as your baby starts to become more interactive.



## Feeding and Nutrition

- Babies at this age are still feeding every 2-4 hours but you may find your baby sleeping in longer stretches (3-5 hrs) at night and therefore taking more feeds during the day.
- Only give your baby breast milk or formula. Babies should delay starting all other foods (including water) until 4-6 months. Never give a baby honey.
- If your baby is breastfed exclusively or taking less than 32 oz of formula/day, he should be taking a Vitamin D supplement (400 IU/day).
- Don't use a microwave to heat formula or breast milk.
- Thaw frozen breast milk in the fridge and use within 24 hours.
- Fresh breast milk can be stored:
  - fresh at room temperature (66-72°F) for 4-6 hours
  - in a fridge (39°F or less) for up to 3 days
  - in a freezer attached to a fridge for up to 3 months
- Store milk in 2-4 ounce amounts to reduce waste.

## Sleeping

- At this age babies will start to sleep between feedings at night. Don't wake your baby up to feed.
- Start putting your baby down for sleep when she is still awake but drowsy. This will teach her to be able to fall back asleep on her own when she wakes up in the middle of the night.
- Continue putting your baby to sleep on her back in her own crib (no co-sleeping).

## Crying/Colic

- Infant crying and colic usually peak at 6-8 weeks and begin to improve around 12 weeks - the worst should be over if your baby is colicky.

## Skin Care

- Some babies may develop cradle cap (scaly, flaking skin on the scalp). It is not harmful. Wash the hair with mild baby shampoo and brush off the flakes. Massaging the scalp with a few teaspoons of olive oil can help as well.
- Avoid direct sun exposure (especially 10am-4pm when UV rays are strongest). Use large brimmed hats and light, long-sleeve clothing. Sunscreen is ok for babies, but test it first on a small patch of skin.
- For diapering, girls should be wiped front to back to avoid infection. The diaper area should be dry before applying barrier creams (Desitin, Balmex, etc). Don't retract your son's foreskin at this age.

## Safety Tips

- Your baby may start rolling over anytime in the next few months. **Never** leave your baby unattended on the bed, couch or changing table.
- Your baby's car seat should remain in the back seat facing the rear window. Never leave your baby alone in a car even for a few minutes.
- Have a smoke detector on every floor of your house.
- Be careful not to leave hot liquids (e.g. coffee or soup) near your baby.
- Turn your hot water heater down to 120° or lower. Before bathing your infant, check the water temp with your wrist.
- Keep small and sharp objects out of reach. Anything that fits inside a toilet paper roll is a choking hazard.

## Pooping

- Infants may have 0-10 poops a day. Green, yellow, and brown are all normal colors. Call your doctor if you see blood.
- Your baby may start pooping less often at this age. Going several days without pooping is normal as long as the poop is soft when it comes out.

continued >

## Two-Month Visit continued...

### Development

- Babies vary greatly in development. At this age, many babies will:
  - 1) Coo and smile in response to your voice or touch.
  - 2) Begin to follow an object moved in front of him past the middle of his face.
  - 3) Hold their heads up and lift their upper chest when lying on the stomach.
- Try these tips to help with development:
  - 1) Talk and sing out loud to your baby. Take turns allowing him to 'talk back' responsively. It is never too early to begin reading books to your baby. TV is not recommended at all for your baby until after 2 years.
  - 2) Hang or hold different objects in front of him to bat and reach for. Give him small safe objects to hold (rattles, squeak toys, etc).
  - 3) When your baby is awake, help improve his neck strength by giving him 'tummy time' on a firm surface several times a day.



### Immunizations

(\*vaccine schedule may vary slightly by practice)



**Today:** 3 shots and 1 oral vaccine

- DtaP / Polio / HIB (combined)
- Pneumococcal
- Hepatitis B
- Rotavirus (oral)

**Next Visit (at 4-months-old):**

- DtaP / Polio / HIB (combined)
- Pneumococcal
- Rotavirus (oral)
- Hepatitis B (if not given #1 at birth)

Fever and fussiness are a common reaction to vaccines. Discuss with your doctor Acetaminophen (Tylenol) dosing and concerns that should prompt immediate medical attention.

### Other Helpful Hints

- At this age, all infants with a rectal temperature above 100.4 F should be evaluated by a pediatrician.
- At this age, use Acetaminophen (Tylenol) only after talking to your doctor or after shots.
- Babies often get colds at this age. There are no medications for congestion that are safe or effective for infants. Congestion can be gently suctioned using a bulb syringe or rinsed with sodium chloride (0.9%) drops. Call your pediatrician for fevers, poor feeding, persistent cough, problems breathing or any other concerns.
- Washing your hands with soap and water is the most effective thing you can do to prevent the spread of colds and other infections to your newborn.

### Websites

- AAP Healthy Children | <http://www.healthychildren.org>  
(Health topics and news updates from the American Academy of Pediatrics)
- AAP Immunization Info | <http://www.aap.org/immunization>  
(Research-based information about childhood vaccines)
- Talk, Read & Play | <http://www.talkreadplay.org>  
(An informational campaign to support families with children ages birth to five)

### Important Numbers

- Poison Control (MA)  
1-800-682-9211
- Parental Stress Line  
1-800-632-8188
- HAVEN Domestic Violence Help Line  
1-617-724-0054
- Smoking Quit Line (free):  
1-800-TRY TO STOP
- Your doctor's Office

Your child's next routine visit is recommended at 4 months-old.