



Important Points for the 2 Month Visit

Nutrition:

Babies can now receive adequate breast milk by nursing every 2-2 ½ hours. Nursing at shorter intervals (grazing) will become a habit and your baby will not be able to sleep through the night. The bottle-fed baby will take approximately 3-5 ounces 5-8 times per day. Remember to burp at least twice during a feeding session. You will know your baby is receiving enough milk if she or he is gaining weight and has 4-6 wet diapers per day. No solid foods until 6 months of age. Infants receiving only breast milk, need added vitamin D and iron at 3-4 months of age. Please give them a liquid multivitamin with iron, such as D-vis-sol with iron: 1 cc each day.

Development:

Holds head temporarily erect, tracks and follows objects to 90 degrees, responds to sounds by becoming quiet and alert, coos, smiles socially, may begin to relate differently to mother, father, siblings.

Touchpoints:

- Your baby may still be experiencing a fussy period at the end of the day, usually around dinnertime. Crying for up to 3 hours during this time period can be developmentally normal.
- Sleep: Always remember to put your baby to sleep ON HIS BACK while he/she is drowsy but still awake. This allows your baby to learn to put himself to sleep instead of depending on you to do it for him. Often, babies at this age drop the middle of the night feeding (2-3am). The size of the stomach has expanded to allow for more milk and consequently allows for longer times between feedings.
- Your baby is learning to trust her caretakers and her environment. Nurture her by holding, cuddling, and talking to her during dressing, bathing, feeding and playing. Establish a bedtime routine and other habits to discourage night awakening.

Safety:

- Recognize early signs of infection in the infant: poor feeding, poor color, listlessness, weak cry, **rectal** temp of above 100.4 degrees F, breathing problems, unusual fussiness, vomiting or diarrhea, sleeping more than usual. If your baby is less than 3 months old, please tell us about ANY temp above 100.4 rectally, **unless the fever occurs after immunizations**. After 3 months of age, if your child's temperature is over 102.5, she should be seen within 24 hours.
- Continue to use a rear facing car seat and never place your baby in the front passenger seat.
- Use a crib with slats not more than 2 and 3/8 inches apart.
- Do not leave your baby alone in a tub of water, or on high places such as a changing table, bed or sofa. Never eat, drink or carry anything hot near or while you are holding the baby. Turn your water heater down to 120 degrees F.
- Install smoke and carbon monoxide detectors and check that they work properly every month. Keep the baby's environment free of smoke: no smoking in the home or car.

What to expect during this visit:

- Your baby will receive the following immunizations: Pentacel (DTaP, Hib, IPV), Prevnar and oral Rotateq.
- Your baby may run a fever and be irritable for 24-48 hours after getting the shots. Please refer to the "After the Shots" handout for specific instructions.
- We will discuss your baby's growth and development and any other concerns that you may have.
- Please prepare and bring in questions for your next visit at 4 months. At 4 months, your baby will receive his next set of immunizations; please bring his immunization record to every visit.