



TWO MONTHS

Now that your baby is two months old, you should be getting some of the best rewards- smiles and coos!

DEVELOPMENT

Your baby is changing fast and becoming more interactive with each day. Besides cooing, your baby should be smiling at you in recognition and vocalizing reciprocally when you talk to him. He should turn to look at you when he hears you speaking to him and should be responding to loud sounds. When lying on her tummy, your baby should be able to lift her chin off the floor and can hold her head up briefly when you hold her upright. She should no longer keep her hands clenched all the time and may hold a rattle briefly when you place it in her hand, but will not be aware that she is doing so. Over the next two months, your baby will begin to become more fun to be around as he starts to interact with his environment. Enjoy this time because it passes much too quickly!

NUTRITION

Breast milk and/or formula with iron contain all the nutrients your infant needs for now. Most two month olds are taking about 3-5 ounces per feeding and usually eat every 2-4 hours. Your baby should not need solids until four to six months of age. Introduction of solids too early may cause digestive problems, stool disorders, and lead to the development of food allergies.

SLEEPING

Your baby should be able to stay up for at least an hour after a few daytime feedings, but will still sleep an average of 16-20 hours per day. You should be able to have him on a fairly routine schedule of eating and sleeping. Now is the time to try to start allowing your baby to fall asleep on her own. Most infants will usually not begin to sleep all night until they reach about 12-15 pounds, but this varies. Despite common belief, rice cereal does NOT help your baby to sleep all night. It simply adds empty calories and often leads to "stomach" problems. Remember to alternate sides for sleeping to prevent plagiocephaly, or asymmetric flattening of the skull.

Today's Vaccines

Pediarix- contains the following vaccines

- **DTaP-** protects against diphtheria, tetanus, and pertussis (whooping cough)
- **Hepatitis B-** protects against chronic liver disease
- **Polio-** protects against polio virus

HiB- protects against Hemophilus influenza B meningitis

Prevnar- protects against pneumococcal meningitis, ear infections, pneumonia

Rotateq- protects against rotavirus diarrhea

Vaccine Side Effects to call for:

- Fever > 102 F
- Extremely fussy
- Fever > 2 days
- Severe local reaction

Infant Tylenol dose:

_____ ml

SAFETY

CAR SEATS: Always use an acceptable car restraint for your baby while in the car. The safest place for her is in the back seat facing rear. I recommend having a professional car seat technician help you install your seat- they are available through the Safety Council, State Police headquarters and frequent free

community events. Always completely stop the car off

the road if you must remove your baby from the seat- even for a minute. Don't forget to always have him strapped in while sitting in the seat- never pick up the infant seat without having the straps secured- the handle will sometimes not lock securely and he may fall out of the seat.



Is your baby strapped in the seat right? Just ask and we'll go over it with you!

OTHER INJURIES: Babies roll when you least expect it, so don't leave him unattended on a bed, changing table, or other surface even for a second. Hot liquids like coffee, tea, or soup can cause serious burns, so do not hold your baby while holding them. Walkers can cause serious injuries and I discourage you from owning one. A playpen may provide your infant an island of safety in a busy area. Toys

should be unbreakable, have no detachable parts, no sharp edges and be too large to swallow.

ENVIRONMENTAL HAZARDS: Cigarette smoke can cause respiratory illnesses, ear infections, and wheezing. Do not allow anyone to smoke in your home or around your baby. Smoke detectors are needed in all houses. Find out if your home needs a carbon monoxide detector.

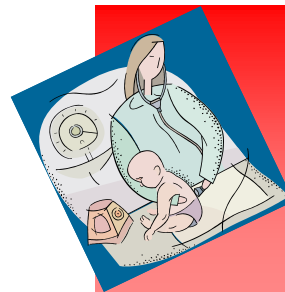
IMMUNIZATIONS

Immunizations protect your infant from serious childhood diseases which can cause life-threatening infections, permanent disabilities, or even death. Like any other medicine your baby takes, side effects, or in rare cases, serious reactions, can occur from the immunizations. The pediatric community has made great strides in improving immunizations to reduce the side effects as much as possible. We will discuss with you ways to help your infant (and you) through today's injections. The most common side effects include low-grade fever and fussiness. These are usually relieved by Tylenol. Make sure you are aware of the proper dose for your baby's weight. This may be given every 4 hours. If your baby has a temperature over 102 F, or is extremely irritable, these are unusual reactions and you should let me know. Most commonly, with Tylenol, your baby will sleep a little more than usual today and should be fine in 36 hours. If you record a temperature for more than 2 days, you should check with me.

Until the next visit...

- The best stimulation for your baby is YOU! Talking, smiling and making goo-goo noises are better than any store-bought toy or video. Try reading the newspaper or your work papers out loud to her- you'll both get something out of it!
- Look out for gnawing on hands and drooling- this is not teething but the early stages of exploring the world- through his mouth!

- Keep up the tummy time- it is most important over the next two months to help develop back strength for learning to roll over.
- Enjoy this time- pretty soon she'll be all over the place and so will you!



Your baby's next well visit will be at 4 months unless we have discussed something different. See you then!