

Lakeside Pediatric and Adolescent Medicine
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Well Child Care at 2 Months

Feeding

At this age, your baby needs only breast milk or infant formula to grow healthy and strong. At this age most babies take about 4 to 5 ounces of formula every 3 to 4 hours.

Even if you only give your baby breast milk, it is a good idea to sometimes feed your baby with pumped milk that you put in a bottle. Then your baby will learn another way to drink milk and other people can enjoy feeding your baby. Always hold your baby during feeding time. Then your baby learns that you are there to meet his needs. This is an important and special time. It is not time to start cereal or baby foods yet. Cereal can be started at 4 to 6 months of age.

Development

Babies start to lift their heads briefly. They reach for things with their hands. They enjoy smiling faces and sometimes smile in return. Cooing sounds are in response to people speaking gentle, soothing words.

Sleep

Many babies wake up every 3 to 4 hours, while others sleep for longer periods during the night. Every baby is different. Feeding your baby a lot just before bedtime doesn't have much to do with how long your baby will sleep. Place your baby in the crib when he's drowsy but still awake. Do not put your baby in bed with a bottle. Ask your healthcare provider for ideas about ways to keep your baby alert and awake during the day and sound asleep at night.

Reading and Electronic Media

Your newborn will enjoy just hearing your voice. You can read aloud your favorite mystery or spy novel while feeding or cuddling with the baby. The time you spend reading to your infant is far more important than the book itself. Limit total TV time to no more than 1 hour per day.

Safety Tips

Never leave your child alone, except in a crib.

Choking and Suffocation

- Use a crib with slats not more than 2 and 3/8 inches apart.
- Place your baby in bed on his back.
- Use a mattress that fits the crib snugly.
- Keep plastic bags, balloons, and baby powder out of reach.

Fires and Burns

- Never eat, drink, or carry anything hot near the baby or while you are holding the baby.
- Turn your water heater down to 120°F (50°C).

- Install smoke detectors.
- Keep a fire extinguisher in or near the kitchen.

Falls

- Never step away when the baby is on a high place, such as on a changing table.
- Keep the crib sides up.

Car Safety

- Never leave a child alone in a car.
- Use an approved infant car safety seat and follow the instructions for proper use.
- Parents should always wear seat belts.

Smoking

- Infants who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.

Immunizations

At the 2-month visit, your baby should have a:

- DTaP (diphtheria, acellular pertussis, tetanus) shot
- Hib (Haemophilus influenza type B) shot
- hepatitis B shot
- polio shot
- pneumococcal (PCV) shot
- rotavirus oral vaccine.

Vaccines are sometimes combined in the same shot, so your baby may not have to have 5 separate shots.

Your baby may run a fever and be irritable for about 1 day after getting shots. Your baby may also have some soreness, redness, and swelling where the shots were given.

You may give acetaminophen drops in the appropriate dose to prevent the fever and irritability. For swelling or soreness put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort.

Call your child's healthcare provider if:

- Your child has a rash or any reaction other than fever and mild irritability.
- You are concerned about the fever.

Next Visit

Your baby's next routine visit should be at the age of 4 months. At this time your child will get the next set of immunizations. Bring your child's shot card to all visits.

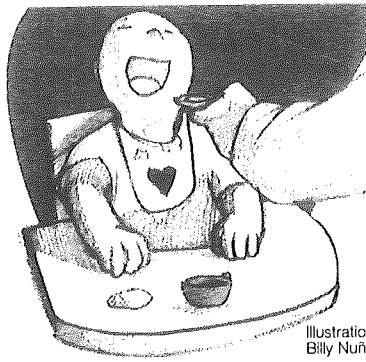


Illustration by
Billy Nuñez, age 16

PARENTING YOUR INFANT

PARENTING AN INFANT COMES WITH BIG REWARDS AND CHALLENGES

All infants:

- Love to explore the world around them, so you have to make your home safe.
- Have their own personalities, which may be different from their parents'.
- Put new and stressful demands on parents, so parents may need to ask for help.
- Need routines that match their unique abilities, and parents may need to adjust their schedules to fit this new individual.

Your baby is now smiling and cooing and will soon start to move around more. These are signs of your baby's personality and the start of a lifelong learning process.

INFANTS DO TALK

When infants begin to babble, they like the people around them to talk back. Have fun talking with your baby.

- Make silly noises.
- Play peek-a-boo games.
- Sing songs.
- Show and talk about simple picture books.

This is the way your baby learns how to talk.

Enjoy playing and talking
with your baby
and watching your baby
learn about the world!

INFANTS LOVE TO EXPLORE

You may have noticed that your baby is becoming interested in everything within reach, especially simple toys with bright colors and ones that make noise. It seems that whatever infants grab, it finds its way into their mouths.

By age 3 or 4 months, infants are drooling and chewing on the things they put into their mouths. This is how they learn about the world around them.

Make sure that you never give infants a toy so small that it fits entirely in their mouths or a toy with parts that can break off easily. This can lead to choking!

INFANTS HAVE PERSONALITIES

Even very tiny infants act in very individual ways. Some are loud and active, others are quiet and passive. Some are easygoing and cuddly, others are very serious. Some are relaxed, others are more high-strung. As a parent, you already know your baby's unique personality.

Think about this personality when you are caring for your baby.

- If your baby is naturally fussy and has difficulty calming down, avoid too much stimulation.
- If your baby is sensitive to changes in routines, make sure that your days are not too busy or filled with lots of changes.



If your baby's personality is different from yours, remember that what makes your baby comfortable and happy may not feel right for you.

INDEPENDENCE IS STARTING

As infants get older, they:

- Begin to roll over.
- Reach for toys, spoons, and other objects.
- Want to sit up.

This is the beginning of independence, but babies do not know what might put them in danger. Keeping your baby in a safe place, such as in a crib or in a playpen, will prevent falls, burns, poisoning, choking, and other injuries. Childproofing your home can also help keep your baby safe.

SOME COMMON PROBLEMS

Most infants will go through the following difficulties, which can be very frustrating for parents, but they will soon outgrow them.

- Colic. This is not caused by anything you have done. This usually goes away at about age 4 to 5 months.
- Trouble sleeping. Some infants will have trouble either falling asleep or waking up often during the night.
- Clinging to parents. When infants don't see certain people (even close friends and grandparents) very often, they may become afraid of them.

Even though these problems will go away, it can be very upsetting while they are occurring. Talk with your pediatrician about ideas that will work for you and your baby until these problems go away.

Babies are not trying to be a pain or difficult on purpose; they are just exploring and trying to talk with you in the only way they know!

Never yell at, hit, or shake your baby!

INFANTS THRIVE IN HAPPY FAMILIES

Just like adults, infants do best with happy and healthy people around them. Look for parent/baby groups, support groups, or organizations in your community where parents with common interests can meet and get to know each other.

If things are not going well in your family, if you need help finding groups in your neighborhood, or if you are worried about your baby, talk with your pediatrician. You are not alone; many other parents have these same concerns.

STARTING NEW ROUTINES

Now that you are beginning to know your baby's patterns, your family, like many others, may be starting new routines. Here are some tips to help you.

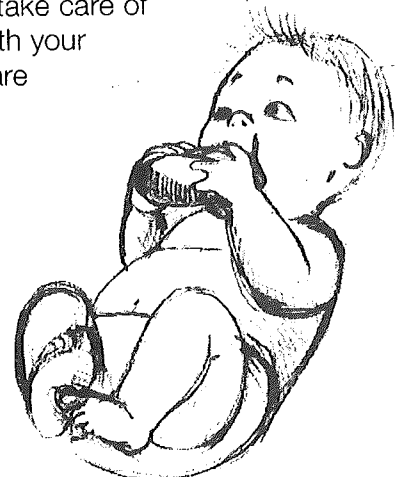
Taking care of yourself is important.

Even though infants usually are lovable, most parents have moments of frustration, and even anger, with their baby. Feeling this way is common and normal. What is important is how you deal with these feelings. When this happens to you, place your baby in a safe place like a crib or playpen and do something to relax and calm down—have a cup of tea or coffee, listen to music, call a friend or spouse, read, or meditate. These feelings of stress are natural and will pass.

Reach out to family and friends, or make new friends with other parents.

Having other adults to share the experience of raising a child can make all the difference in the world. If you are at home with your baby every day, it is a good idea to leave your baby with another trusted adult once in a while.

Use this time to take care of yourself or be with your partner. Babies are delightful, but all parents need a break!

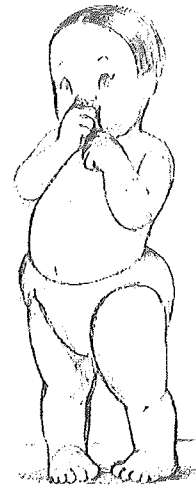


Let your baby learn about being with other people early on.

Besides helping you out, having other adults in your baby's life will teach your baby how to relate with others. As infants get a little older, they begin to cry and feel restless when left with another adult. Developing a relationship with an adult other than you early on will help your baby have less of this discomfort later on.

If you need child care, find a setting where the same 1 or 2 adults will be caring for your baby every day.

Find a place that is safe and nurturing, where the adults really enjoy being with infants. Your pediatrician can help you think about what to look for in child care.



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Connected Kids are Safe, Strong, and Secure

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

This project was supported by Grant No. 2001-JN-FX-0011 awarded by the Office of Juvenile Justice and Delinquency Prevention, Office of Justice Programs, U.S. Department of Justice. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

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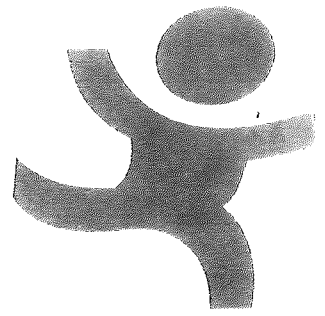
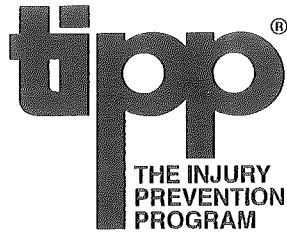
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American Academy
of Pediatrics



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Birth to 6 Months



BIRTH TO 6 MONTHS

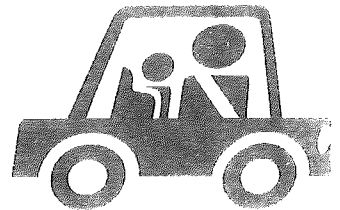
Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which could be prevented?

Often, injuries happen because parents are not aware of what their children can do. Children *learn fast*, and before you know it, your child will be *wiggling* off a bed or *reaching* for your cup of hot coffee.

Car Injuries

Car crashes are a great threat to your child's life and health. Most injuries and deaths from car crashes **can be prevented** by the use of car safety seats. Your child, besides being much safer in a car safety seat, will behave better, so you can pay attention to your driving. Make your newborn's first ride home from the hospital a safe one — in a car safety seat. Your infant should ride in the back seat in a rear-facing car seat.

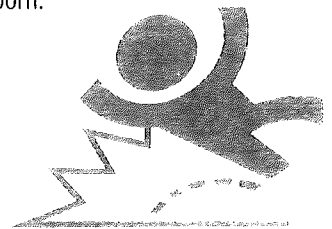


Make certain that your baby's car safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the sections in the owners' manual of your car on using car safety seats correctly. Use the car safety seat EVERY time your child is in the car.

NEVER put an infant in the front seat of a car with a passenger air bag.

Falls

Babies *wiggle* and *move* and *push* against things with their feet soon after they are born. Even these very first movements can result in a fall. As your baby grows and is able to roll over, he or she may fall off of things unless protected. **Do not leave your baby alone** on changing tables, beds, sofas, or chairs. **Put your baby in a safe place** such as a crib or playpen when you cannot hold him.



Your baby may be able to crawl as early as 6 months. **Use gates on stairways and close doors** to keep your baby out of rooms where he or she might get hurt. **Install operable window guards** on all windows above the first floor.

Do not use a baby walker. Your baby may tip the walker over, fall out of it, or fall down stairs and seriously injure his head. Baby walkers let children get to places where they can pull heavy objects or hot food on themselves.

If your child has a serious fall or does not act normally after a fall, call your doctor.

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Burns

At 3 to 5 months, babies will wave their fists and grab at things. **NEVER carry your baby and hot liquids, such as coffee, or foods at the same time.** Your baby can get burned. You can't handle both! To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.

If your baby gets burned, immediately put the burned area in cold water. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth and call your doctor.

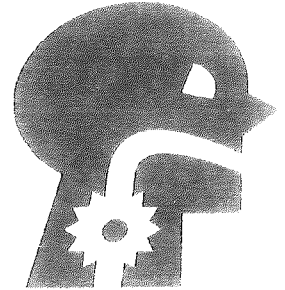
To protect your baby from house fires, be sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

Choking and Suffocation

Babies explore their environment by putting anything and everything into their mouths. **NEVER leave small objects in your baby's reach, even for a moment.** NEVER feed your baby hard pieces of food such as chunks of raw carrots, apples, hot dogs, grapes, peanuts, and popcorn. Cut all the foods you feed your baby into thin pieces to prevent choking. **Be prepared if your baby starts to choke. Ask your doctor to recommend the steps you need to know. Learn how to save the life of a choking child.**

To prevent possible suffocation and reduce the risk of sudden infant death syndrome (SIDS), **your baby should always sleep on his or her back. NEVER put your baby on a water bed, bean bag, or anything that is soft enough to cover the face and block air to the nose and mouth.**

Plastic wrappers and bags form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your baby.



From Your Doctor

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