

Health and Wellness: 2 Months

Development

At this age, your baby may:

- hold his or her head up briefly
- grasp and hold rattle for a while when it is put in his or her hand
- smile (on purpose)
- coo and make noises when spoken to
- begin to identify and respond more to parents than others
- respond to loud sounds.

Feeding Tips

- Your baby will likely eat less often but eat more at each feeding.
- Your baby may eat every 3 or 4 hours during the day and go longer in between feedings at night.
- Your baby does not need solid food at this age.

Stools

- Your baby may strain and pull up his or her legs before having a bowel movement. This is normal.
- Your baby has constipation if stools are very hard, dry and infrequent.
- If you breastfeed, your baby's stools can vary to once every five days to once every feeding. The stools are usually soft.

Sleep

- Between the ages of 2 and 4 months, your baby should have a pattern of daytime and nighttime sleep.
- Your baby will take one to four naps during the day. He or she may take "cat naps" of 10 to 30 minutes at one time with a catch-up nap each two to four days.
- Try to put your baby to sleep when he or she is awake. Your baby learns how to comfort him or herself before falling asleep.
- Your baby may begin sleeping longer at night and wake up less often.

Your baby's growth:

Weight:

_____ lbs. _____ oz. (_____ percent)

Length:

_____ in. (_____ percent)

Head circumference:

_____ cm / in.

Safety

- Make sure your baby always rides in a car seat that is secured in the back seat, facing the rear window.
- Your baby may start rolling from his or her stomach to his or her back between the ages of 3 and 4 months. Be sure your baby is safe.
- Do not let anyone smoke in your house or car at any time. Smoke can increase the number of respiratory or ear infections your baby gets.
- Give your baby toys that are unbreakable, have no small parts or sharp edges, and that are too large to swallow.
- Do not use infant walkers. They can cause serious accidents and serve no useful purpose. A better choice is an exersaucer.
- Check the temperature setting on your water heater. It should be less than 120 degrees Fahrenheit. You should also always feel the tap water to make sure it is not too hot for your baby.

What Your Baby Needs

- Talk to your baby when feeding, playing, changing diapers and holding him or her.
- Soothe your baby when he or she cries.
- Your baby will hear and follow objects well. Give him or her good stimulation to encourage verbal and physical development.



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- Read to your baby every night.
- You cannot spoil your baby by holding or cuddling him or her.

What You Can Expect

- Share baby and household duties with a partner, family or friends.
- Keep in contact with friends and family.
- Find a babysitter whom you can trust.
- Give siblings special attention and involve them in the care of the baby.
- Early Childhood and Family Education classes are a great way to make contacts, find support and gather information. Check your local school district for classes near you.

Dental Care

Make regular dental appointments for cleanings and checkups starting when your child's first tooth appears. (Your child may need fluoride tablets if you have well water.)

Immunizations (Shots) Today*

Your child may receive these shots at this time:

- DTaP, HepB, IPV (diphtheria, tetanus and acellular pertussis + hepatitis B + inactivated poliovirus vaccine) ***Note: The first three shots may be given as one shot (Pediarix™)**
- PCV13: pneumococcal 13-valent conjugate vaccine

- Hib (haemophilus influenzae type b conjugate vaccine)
- RV1 (rotavirus vaccine, oral)

Talk with your health care provider for information on giving acetaminophen (Tylenol®) after your child's immunizations.

Your Baby's Next Well Checkup

Your baby's next well checkup will be at 4 months.

Your child may need shots for:

- DTaP, HepB, IPV (diphtheria, tetanus and acellular pertussis + hepatitis B + inactivated poliovirus vaccine) ***Note: The first three shots may be given as one shot (Pediarix™).**
- PCV13: pneumococcal 13-valent conjugate vaccine
- Hib (haemophilus influenzae type b conjugate vaccine)
- RV1 (rotavirus vaccine, oral).

Talk with your health care provider for information on giving acetaminophen (Tylenol®) before your child's next immunizations.