



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. Your baby might sleep in longer stretches (3-5 hrs) at night and feed more during the day.
- Only give your baby breast milk or formula. Do not give your baby other foods (including water) until 4-6 months. Never give your baby honey.
- If your baby is breastfed or getting fewer than 32 ounces of formula a day, give him vitamin D (400 IU) once a day.
- Do not microwave formula or breast milk. Thaw frozen breast milk in the fridge or in a cup of hot water. Use it within 24 hours.
- The Academy of Pediatrics recommends fresh breast milk can be stored:
 - At room temperature (66-72°F/18.8-22.2°C) for 4-6 hours
 - In the back of the fridge (39°F or lower) for up to 4 days
 - In the back of a freezer that has a separate door from the fridge for up to 9 months

Sleeping

- Put your baby down for sleep when she is still awake, but drowsy. Do not wake her up to feed at night.
- To reduce the risk of Sudden Infant Death Syndrome (SIDS), follow these safety recommendations:
 - **Back is best.** Always place your baby on his back for sleep in a crib that meets Consumer Products Safety Commission (CPSC) standards. (www.cpsc.gov)
 - **Bed sharing is not recommended.** There is not enough current research on bedside or in-bed sleepers to know if they are safe.
 - **The mattress should be firm (doesn't bend when the baby is lying on it).** Never place your baby on a couch for sleep.
 - **Keep the crib as empty as possible.** Do not use crib bumper pads, blankets, pillows or soft toys in the crib.
 - **Swaddling is fine at this age.** Make sure knees can bend and that the blanket is not too tight over the chest. Stop swaddling when your baby looks like she is trying to roll over. Wearable blankets are fine to use.
 - **Offer your baby a pacifier.** It is okay if she will not take it.

Pooping

- Your baby may start pooping less at this age. Going several days without pooping is normal as long as the poop is soft when it comes out.

Safety Tips

Do

- Secure your baby's car seat in the back seat facing the back window.
- Keep your home water heater set lower than 120°F/49°C.
- Keep plastic bags, balloons and sharp or small objects and toys away from your baby. If it fits inside a toilet paper roll, your baby can choke on it.
- Have smoke and carbon monoxide detectors on every floor of your home. Change the batteries once a year.

Do Not

- Do not leave your baby alone in bathwater, in the car, on the bed, on the couch or on the changing table. Leaving him alone for even a few seconds can be dangerous.
- Do not drink hot liquids around your baby.
- Do not let anyone smoke around your baby. Keep your home and car smoke-free.

Sun Safety

- Protect your baby from the sun. Avoid direct sun exposure from 10am-4pm when the sun is strongest.
- Dress your baby in light, long-sleeved clothing and a brimmed hat.
- Sunscreen is okay for babies at this age. Test it first on a small patch of skin.

Two Month Visit continued...

Development

- Every baby develops differently. At this age, your baby might:
 - Coo and smile in response to your voice or touch
 - Begin to follow an object moved in front of him past the middle of his face
 - Hold his head up and lift his upper chest when lying on his belly
- Try these tips to help with development:
 - Talk and sing aloud to your baby. Take turns allowing him to 'talk back' responsively. Start reading books to your baby. Screen time (TV, videos, phones) is not recommended for children under 18 months.
 - 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).
 - Practice tummy time on a firm surface several times a day. Talk and make eye contact with your baby.



Vaccines

(vaccine schedule may vary slightly by practice)



Today: 3 shots and 1 oral vaccine
-DtaP / Polio / Hepatitis B (often combined)
-Pneumococcal
-HIB
-Rotavirus (oral)

Next Visit (at 4 months old):
- Vaccines the same as 2-month visit

Fever and fussiness are a common reaction to vaccines. Discuss with your doctor acetaminophen (Tylenol®) dosing with your doctor.

Other Helpful Hints

- Use a rectal thermometer if your baby looks sick or feels warm. **Call your doctor if your baby has a rectal temperature of 100.4°F/38°C or higher.** Only use acetaminophen (Tylenol®) if your doctors tell you to. Ibuprofen (Motrin®) is not safe until 6 months.
- Babies often get colds at this age. There are no cold medications for stuffy nose that are safe for babies. Rinse your baby's nose with saline (sodium chloride [0.9%]) drops.
- Washing your hands with soap and water is the most effective thing you can do to prevent the spread of colds and other infections.

Websites

- AAP Healthy Children | <http://www.healthychildren.org>
(Health topics and news updates from the American Academy of Pediatrics)
- AAP Immunization Info | www.aap.org/immunization
(Research-based information about childhood vaccines)
- Talk, Read and Play | www.talkreadplay.org
(Advice to support families with children ages birth to 5.)

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

Important Numbers

- Poison Control (MA)
1-800-682-9211
- Parental Stress Line
1-800-632-8188
- Mass General Domestic Violence
Help Line (24 hours)
1-617-724-0054
- Smoking Quit Line (free):
1-800-TRY TO STOP
- Your Doctor's Office
