



THE TWO MONTH OLD

DEVELOPMENT

- Lifts head when on tummy
- Follows with eyes
- Responds with a smile and to noise

EATING

Breast milk or formula provides all the nutrition your baby needs for the first 4-6 months. We have found that babies have more problems with allergies if fed solids too soon. If formula fed, most babies are satisfied with 32 ounces per day. No bottle propping please. Always hold your baby during feeding.

PLAY

Remember, play is the baby's way of learning!

1. Talk to your baby.
2. Let your infant have brightly colored things to look at in the crib or playpen – mobiles, etc.
3. When awake, let the baby be with the rest of the family where the action is.
4. Take your baby for walks in a stroller or front pack carrier.

CONCERNS

Spitting Up: Many babies spit up a small amount of each feeding. As long as the baby is gaining weight and is not unusually fussy, this does no harm. Sitting the baby in an infant seat for 30 minutes after the feeding sometimes helps. Spitting up usually stops by itself by 9 months of age.

Not Sleeping Through The Night: Many babies will sleep through the night by 4 months of age or when they are 12-14 pounds. Stop feeding your baby to sleep by 3 months. They should be placed in bed content, well fed but awake. If necessary, let them "wiggle around and fuss a bit" to get themselves to sleep. They need to learn in their own minds how to get themselves to sleep so that in the future, when they wake in the middle of the night, they can get themselves back to sleep.

If your baby is over 3 months, let him or her cry a few minutes in the middle of the night before feeding him or her. He or she may not be hungry, but just trying to get back to sleep. As your baby nears 4 months, start feeding him or her less and less in the middle of the night to wean him or her from the nighttime calories.

IMMUNIZATIONS

Your infant will receive his or her first set of immunizations today. Low-grade fever, fussiness, or increased sleepiness is normal. You may give Tylenol several hours after the immunizations if needed. Our office is providing you with a Tylenol dosing sheet based on weight.

SAFETY

Babies are strong enough to tip a car seat to the side. Never leave an infant in a car seat on a high surface, such as a countertop, unattended.

THE NEXT CHECK UP IS AT FOUR MONTHS OLD.