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FOR YOUR 2 MONTH OLD

sleep

Always place your baby on his back to sleep on a firm, flat mattress. Avoid blankets and soft toys in the crib.

The average baby sleeps 15 1/2 hours per day between 1 and 4 months of age. It is normal for your baby to sleep more on some days and less on other days.

By 4 months of age, most babies have longer stretches of sleep at night and 3 daytime naps.

safety

Always use a car seat made for an infant and place it in the back seat until 1 year and 20 pounds.

Always make sure your baby is sleeping in a safe place. The crib slats should be less than 2 3/8 inches apart. Bumper pads can be dangerous as well.

Take an infant CPR class.

Set your hot water heater to 120 F to prevent burns. Never drink hot liquids while holding your baby.

Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.

Do not use a walker!

development (2-4 months)

Raises body when lying on tummy, holds head up, may bear weight on legs.

Smiles, coos, laughs, may blow bubbles, cries change according to needs.

Visually follows any object, responds to sound and voices by quieting or cooing.

Swats, reaches, grabs, may hold a rattle.

feeding

Breastfeed your baby about every 3 hours (8 feedings per day). Feed until your baby seems content. Your baby may "cluster" the feedings in the evening to prepare for longer stretches of nighttime sleep. Continue prenatal vitamins while breastfeeding.

If you breastfeed exclusively, add a vitamin D supplement like Tri-Vi-Sol available at drugstores or over the counter. The dose is 1 ml/day.

If you are not breastfeeding, use an iron fortified infant formula. Feed your baby 4-5 ounces every 3-4 hours for a total of 26-28 ounces per day. By 4 months, many babies drink up to 32 ounces a day.

Review the formula preparation instructions carefully. Do not heat formula in the microwave.

Do not give honey or corn syrup in the first year of life.

Do not offer your baby cereal or other solids until at least 4 months of age. Cereal will not help a baby sleep through the night.

elimination

Breastfed babies have yellow stools with a pasty, watery, or curd-like consistency.

Bottle fed babies usually have soft brown, green, or yellow stools.

The frequency varies widely - a few per day to a few per week is normal.



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safe toys

Choose toys that are appropriate for your baby's age.

Check for small or loose parts, like eyes, and ribbons (cut them off). All toys and pieces should be no larger than 1 5/8 inches with no sharp or pointed edges.

Avoid old painted toys that may contain lead.

Do not string any toys across the crib.

other things to keep in mind

Hold, talk, and sing to your baby.

Show your baby affection – you cannot spoil a young baby!

Know the signs of illness – temperature over 100.4 rectally, vomiting (not just spit-up), diarrhea, or failure to eat several feedings in a row. Call our office to see if these symptoms need further evaluation.

Shaking or spanking your baby may cause serious injury or death.

Watch your pets carefully around your baby.

Install and maintain smoke and carbon monoxide detectors.

Do not smoke around your baby- it may lead to respiratory problems and allergies, and can increase his risk for sudden infant death syndrome (SIDS).

Protect from sun exposure with clothing, hats, blankets, or an umbrella. Sunscreen (SPF 15 or higher) may be used, but preferably not on the face or hands.

tests/immunizations for today

Your baby will receive immunizations today. Please review our information sheets.

suggested reading

“The Nursing Mother Companion”

“What to Expect the First Year”

“Guide to Your Child’s Sleep (AAP)”

“The Secrets of the Baby Whisperer”

infant tylenol dosage (every 4 hours)

6-11 lbs. = 1/2 dropper (0.4 mL)

12-17 lbs. = 1 dropper (0.8mL)

18-23 lbs. = 1 1/2 dropper (0.8mL+0.4mL)