

TWO MONTHS OLD

DEVELOPMENT

Verbal communication is important for language development and emotional well being, so be sure to talk to your baby often. You will notice that your baby is beginning to lift her head with more control. The ability for your baby to move with control begins with the head and extends down the rest of the body. Later your baby will push up with her arms, and then refine the use of her hands. Waking and sleeping patterns are still changing some. Work with your baby as she grows and develops.

NUTRITION

Mothers who breastfeed should continue taking prenatal vitamins. Bottle-fed babies usually take 28 to 30 ounces per 24 hours at 2 months old. Breast milk or infant formula is the only recommended source of calories until four to six months of age. Refrain from feeding eggs, wheat, cow milk, or citrus fruits until nine months of age.

SAFETY

We are concerned about your child's safety just as you are. Please be reminded to **always** use the car seat every time your child travels in a vehicle. Your baby should remain rear-facing in their car seat until 20 pounds and 12 months of age. The back seat is preferred for all children under age 13 years. Do not secure a pacifier around a baby's neck with a string. Always be attentive to your baby to avoid falls and injuries. Avoid cooking or drinking hot liquids with your baby in your arms. Passive smoke is dangerous to the baby's health now and as they grow. Never leave your baby unattended while being bathed.

GENERAL WELL-BEING

Baby's immunity from mother is beginning to decrease. Your baby is now becoming susceptible to illnesses: coughs, colds, diarrhea, runny noses, etc. Your baby will build immunity with each exposure to illness. Stuffy noses can sometimes be helped with saline solution that can be purchased over the counter. Sometimes a cool mist humidifier will also help. If your child is running a fever over 100, she may need to be examined by your pediatric health care provider. The appropriate dose of acetaminophen (Tylenol) is 5-7 milligrams per pound every 4 hours as needed for relief. Colic, inconsolable crying without identifiable cause may still be present. A calm environment may help you and your baby to relax.

NEXT APPOINTMENT

Schedule an appointment for your child's 4 month physical. Your baby will be due to receive additional immunizations at that visit.