

### FACT SHEET FOR PATIENTS AND FAMILIES

# Well Check: 2 months

Your baby is starting to be more interested in the world around him. Your face, your voice, and your smile are the most interesting of all. As you talk to your baby, he's already starting to learn the sounds of your language.

# Feeding your baby

- Feed your baby only breast milk or iron-fortified formula. Don't give water, juice, or other food for the first 4 to 6 months. Don't give honey for the first year.
- Offer to feed your baby whenever he's hungry. Burp your baby during natural feeding breaks.
- Your baby may be spitting up and drooling more now.
   This is normal.
- Your baby should have several wet diapers a day. There
  may be fewer dirty diapers now, but the stool should
  still be soft and yellow or greenish.
- If you're breastfeeding
  - Keep taking your prenatal vitamins.
  - Give your baby vitamin D drops as recommended.
  - If you plan to return to work or school soon, start planning for how you can pump and store breast milk. Our office can help.
- If you're formula feeding
  - Hold your baby so you can look each other in the eyes. Don't prop up the bottle.
  - Follow the instructions on the can to prepare, warm, and store formula safely. Don't heat formula in a microwave oven.

# Keeping your baby safe and well

- Make sure your baby gets the recommended immunizations. Immunizations are one of the most important ways to prevent serious illness. Be sure to follow the recommended immunization schedule.
- Prevent illness
  - Wash your hands often.
  - Until your baby is 3 months old, a fever can be a sign of serious illness. If your baby's temperature is over 100.4°F (38°C), call our office right away.



# MILESTONES At 2 months old, most babies can:

- Hold up their head and begin to push up when lying on their tummy
- Pay attention to faces, and begin to smile and coo at people
- Turn their head toward sounds, and begin to follow things with their eyes

For detailed information about milestones, visit www.cdc.gov/actearly, or call 1-800-CDC-INFO.

#### · Be safe in the car

- Have your baby ride in a rear-facing car seat, in the middle of the back seat. Never put your baby's car seat in a seat with an air bag.
- Never drink or use drugs and drive. Never text while driving. If your baby distracts you, pull over.

### Be safe in your home and other places

- Have safe sleep habits. Always put your baby to sleep on his back, on a firm surface. Your baby should sleep in the same room as you, but not in your bed.
- Always keep a hand on your baby when changing his diaper or clothes, or when he's on any high surface.
- Keep your baby safe from small things she could choke on, such as plastic bags, balloons, or toys with small parts.
- If using a playpen, make sure the weave of the fabric is less than ¼ inch.
- Never leave your baby alone in the bath, not even for a second. Keep the water heater set below 120°F.
- Never shake your baby. If you feel overwhelmed or upset, put your baby in a safe place and call for help.

# Helping your baby grow

You may be getting out and about more, and trying to manage more things. Be sure to set aside other tasks and stop to play with your baby.

## · Enjoy your time with your baby

- Give your baby soft, bright-colored toys, toys that make music, and rattles to hold.
- Put your baby on her tummy to play. Stay nearby so you can keep an eye on her.
- Spend time holding, cuddling, singing, and talking to your baby. Repeat back the sounds your baby makes. Put your phone away so you can focus on your baby.

#### Take care of yourself

- Remember that taking care of yourself will help you take better care of your baby. Try to get some time alone with your partner and with friends.
- If you're feeling sad or overwhelmed for more than a few days, call our office.
- If you'll be returning to work or school, start planning how to make this transition. Find safe and loving childcare. Our office may be able to suggest resources.

## · Take care of your family

- Try to spend a few special moments alone with each of your children, and with your partner.
- Give your other children small, safe ways to help with the baby.

### Call our office if:

- Your baby's temperature is over 100.4°F (38°C)
- Your baby has any illness other than a mild cold.

Your next well visit will be when your baby is 4 months old.

NOIE	<b>S</b> :			

**Note:** This is general information that applies to most families. If your doctor tells you something different, follow what your doctor says.

#### **HELPFUL RESOURCES**



IntermountainMoms Facebook page



If you need help in other areas of your life (such as rent, violence, or a job), call 2-1-1, or visit <u>211ut.org</u> for community resources.

