

# Well Check: 2 months

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

## Feeding your baby

- **Feed your baby only breast milk or iron-fortified formula.** Wait to give water, juice, or other food for the first 4 to 6 months. Wait 1 year before giving honey, which can cause infant botulism, a serious illness.
- **Offer to feed whenever your baby is 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 by your healthcare provider.
  - 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:**
  - To help with your baby's development and to prevent choking, hold your baby so you can look in each other's eyes.
  - Follow the instructions on the container to prepare, warm, and store formula safely. Don't heat formula in a microwave oven.



*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 [cdc.gov/actearly](https://www.cdc.gov/actearly), or call 1-800-CDC-INFO.

## Keeping your baby safe and well

- **Make sure your baby gets recommended immunizations on schedule** to prevent serious illness. Delaying vaccines puts babies at risk for sickness, disability, or even death.
- **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.**

- **Be safe in the car**

- Have your baby ride in a rear-facing car seat in the middle of the back seat. Never place your baby's car seat in a seat with an air bag.
- **Don't drive distracted.** Never drink, use drugs, text, or use the phone while driving. If your baby distracts you, pull over.
- **Never leave your baby alone in a car.**

- **Be safe in your home and other places**

- Always put your baby to sleep on their back, on a firm surface. Your baby should sleep in the same room as you, but not in your bed.
- Your baby may start rolling over soon. Always keep a hand on your baby when changing a diaper or clothes, or when they're on any high surface.
- 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 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, or rattles to hold.
- Put your baby on their tummy to play. Stay nearby so you can keep an eye on them.
- 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'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.



### Follow-up appointment

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

Date: \_\_\_\_\_ Time: \_\_\_\_\_



### When should I call?

Call our office if:

- Your baby's temperature is 100.4°F (38°C) or higher
- Your baby has any illness other than a mild cold
- You feel sad or overwhelmed for more than a few days

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