

# Health and Wellness: 2 Months

## Development

In the next 2 months, your baby may:

- recognize his or her caregiver(s)
- smile at people
- put objects in his or her mouth,
- laugh out loud, squeal and coo
- hold his or her head steady when sitting, and make rolling movements.

## Feeding Tips

- Your baby will likely eat less often but eat more at each feeding.
- Your baby may eat every 3 or 4 hours during the day and go longer in between feedings at night.
- Your baby does not need solid food at this age.
- Talk with your health care provider about giving your baby a vitamin D supplement.

## Stools

- Your baby may strain and pull up his or her legs before having a bowel movement. This is normal.
- Your baby has constipation if stools are very hard, dry and infrequent.
- If you breastfeed, your baby's stools can vary to once every 5 days to once every feeding. The stools are usually soft.

## Sleep

- The safest place for your baby to sleep is in your room in a crib or bassinet. Never use an adult bed, couch, sofa, or chair as a place for your baby to sleep.
  - Put your baby to sleep on his or her back, not on his or her stomach. This reduces the risk of your baby dying of sudden infant death syndrome (SIDS).
  - Bed-sharing is not recommended. Do not let anyone sleep with your baby.
  - The American Academy of Pediatrics recommends sharing a bedroom for at least the first 6 months, or preferably until your baby turns 1.
- Between the ages of 2 and 4 months, your baby should have a pattern of daytime and nighttime sleep.
- Your baby will take up to six naps during the day. He or she may take "cat naps" of 10 to 30 minutes at one time with a catch-up nap each 2 to 4 days.
- Try to put your baby to sleep when he or she is awake. This will help your baby learn how to comfort himself or herself before falling asleep.
- Your baby should be sleeping longer at night and wake up less often.

**(over)**

## Safety

- **Never shake or hit your baby.**
  - If you are losing control, take a few deep breaths, put your baby in a safe place and go into another room for a few minutes. If possible, have someone else watch your baby so you can take a break. Call a friend, your local Crisis Nursery or United Way at 651-291-0211 or dial 211.
- Use an approved car seat for the height and weight of your baby every time he or she rides in a vehicle. The car seat must be properly secured in the back seat.
  - The car seat should be rear-facing (facing the rear window) until your baby is at least 2 years old. Ideally, your baby should continue to be rear-facing until he or she passes the height and weight limits for his or her convertible (toddler) car seat.
  - Car seat straps should fit snugly against your baby. Layer blankets or car seat covers over your baby for warmth. Snowsuits are not necessary.
- Do not talk or text on your cellphone while driving.
- Keep your baby out of the sun. If you are outside, dress your baby in a hat, long-sleeved shirt and pants. Sunscreen can be used as needed.
- Your baby may start rolling between the ages of 3 and 4 months. Never place your baby unattended on an elevated surface.
- Turn your water heater to its lowest setting (lower than 120 F).
- Give your baby toys that are unbreakable, have no small parts or sharp edges, and that are too large to swallow. Keep small objects or other hazards away from baby.
- Do not let anyone smoke or vape in your house or car at any time. Smoke exposure can increase the number of respiratory or ear infections your baby gets. Chronic (long-lasting) smoke exposure damages developing lungs.

- Do not use infant walkers. They can cause serious accidents.
- Never place a string or necklace around your baby's neck due to the risk of strangulation. This also applies to attaching a pacifier to a string or cord.

## What Your Baby Needs

- Give your baby lots of eye contact and talk, sing, and read to your baby often. This time should be free of television, texting and other distractions.
- Give your baby "tummy time" several times each day when he or she is awake.
- Soothe your baby when he or she cries. You cannot spoil your baby by holding or cuddling him or her.

## What You Can Expect As a Parent

- Share baby and household duties with a partner, family or friends.
- Find a babysitter whom you can trust.
- Give siblings special attention and involve them in the care of the baby.
- Early Childhood Family Education (ECFE) classes are a great way to make contacts, find support, and gather information.

## Dental Care

- Clean your baby's mouth with a clean cloth and water.

## Community and Health Information Resources

- **Healthy Children**
  - [healthychildren.org](http://healthychildren.org)
- **Poison Control**
  - 1-800-222-1222 or [poison.org](http://poison.org)
- **Circle of Moms**
  - [wellness.allinahealth.org/events/41553](http://wellness.allinahealth.org/events/41553)

## Minnesota

- **MinnesotaHelp.info®**
  - mnhelp.info
- **United Way**
  - 211unitedway.org
  - dial 211 or 651-291-0211
- **Women, Infants & Children (WIC) Program**
  - health.state.mn.us/wic
- **Early Childhood Family Education**
  - education.mn.gov/MDE/fam/elsprog/ECFE
- **Parent Aware**
  - parentaware.org
- **Help Me Grow**
  - helpmegrowmn.org

## Wisconsin

- **211 Wisconsin**
  - 211wisconsin.communityos.org
  - dial 211 or 1-877-947-2211
- **Women, Infants & Children (WIC) Program**
  - dhs.wisconsin.gov/wic
- **Early Childhood Family Education**
  - dpi.wi.gov/early-childhood
- **Child Aware of America (Wisconsin)**
  - childcareaware.org/state/wisconsin
- **Birth to 3 Program**
  - dhs.wisconsin.gov/birthto3

## Your Baby's Next Well Checkup

- Your baby's next well checkup will be at 4 months.
- Your baby will need these vaccinations:
  - DTaP (diphtheria, tetanus and acellular pertussis)
  - HepB (hepatitis B)
  - IPV (inactivated poliovirus vaccine)
  - PCV13 (pneumococcal conjugate vaccine, 13-valent)
  - Hib (haemophilus influenza type b conjugate vaccine)
  - RV1 (rotavirus vaccine, oral).

Information about the Vaccines For Children (VFC) program is available if your child is eligible for the program. VFC is a federally funded program that offers vaccines at no cost.

Talk with your health care provider about giving acetaminophen (Tylenol®) after your baby's immunizations.