

# Health and Wellness: 2 Months

## Development

At this age, your baby may:

- hold his or her head up briefly
- grasp and hold rattle for a while when it is put in his or her hand
- smile (on purpose)
- coo and make noises when spoken to
- begin to identify and respond more to parents than others
- respond to loud sounds.

## 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.
- Give your baby 400 IU of a vitamin D supplement every day.

## 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 (not in the same bed).
  - The American Academy of Pediatrics recommends sharing a bedroom for at least the first 6 months, or preferably until your baby turns 1.
  - Co-sleeping (sleeping in the same bed with your baby) is not recommended.
  - Don't let your baby sleep with a sibling.
- Between the ages of 2 and 4 months, your baby should have a pattern of daytime and nighttime sleep.
- Your baby will take one to four 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. Your baby learns how to comfort him or herself before falling asleep.
- Your baby may begin sleeping longer at night and wake up less often.

## Safety

- 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. **(over)**

- Car seat straps should fit snugly against your baby.
- Layer blankets or car seat covers over your baby as needed for warmth. Snowsuits are not necessary.
- Be a good role model for your baby. Do not talk or text on your cellphone while driving.
- Your baby may start rolling from his or her stomach to his or her back between the ages of 3 and 4 months. Be sure your baby is safe.
- Do not let anyone smoke in your house or car at any time. Smoke can increase the number of respiratory or ear infections your baby gets.
- 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 your baby.
- Do not use infant walkers. They can cause serious accidents and serve no useful purpose.
- Check the temperature setting on your water heater. It should be less than 120 F. You should also always feel the tap water to make sure it is not too hot for your baby.
- **Never shake or hit your baby.** If you are losing control, take a few deep breaths, put your child in a safe place and go into another room for a few minutes. If possible, have someone else watch your child so you can take a break. Call a friend, your local crisis nursery or First Call for Help at 651-291-0211 or dial 211.
- Keep your baby out of the sun. If you are outside, dress your baby in a hat, long-sleeved shirt and pants. Do not use sunscreen on your baby until he or she is 6 months old.

## What Your Baby Needs

- Talk to your baby when feeding, playing, changing diapers and holding him or her.
- Soothe your baby when he or she cries.
- Your baby will hear and follow objects well. Talking to and playing with your baby will encourage verbal and physical development.
- Give your baby “tummy time” every day when he or she is awake.

- Read to your baby often. Set aside a few quiet minutes every day for sharing books together. This time should be free of television, texting and other distractions.
- You cannot spoil your baby by holding or cuddling him or her.

## What You Can Expect

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

## Dental Care

- Make regular dental appointments for cleanings and checkups starting at age 3 or earlier if there are questions or concerns. (Starting at the age of 6 months, your baby may need fluoride supplements if you have well water.)
- Clean your baby’s mouth with a clean cloth or a soft toothbrush and water.

## Immunizations (Shots) Today

Your baby may receive these shots at this time:

- DTaP (diphtheria, tetanus and acellular pertussis)
- HepB (hepatitis B)
- IPV (inactivated poliovirus vaccine)
- PCV13 (pneumococcal conjugate vaccine, 13-valent)
- Hib (haemophilus influenzae type B)
- RV1 (rotavirus vaccine, oral).

Talk with your health care provider for information about giving acetaminophen (Tylenol®) before and after your baby’s immunizations.

## Your Baby's Next Well Checkup

Your baby's next well checkup will be at 4 months.

Your baby may need these shots:

- DTaP (diphtheria, tetanus and acellular pertussis)
- HepB (hepatitis B)
- IPV (inactivated poliovirus vaccine)
- PCV13 (pneumococcal conjugate vaccine, 13-valent)
- Hib (haemophilus influenzae type B)
- RV1 (rotavirus vaccine, oral).

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