

Town and Country Pediatrics

1460 N. Halsted #402 Chicago, IL 60642 (312)279-8900
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2401 W. Ravine Way #103 Glenview, IL 60025 (847)998-8806
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Your Two Month Old Infant

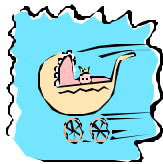
Name _____ Date _____

Weight _____ Length _____ Head Circumference _____

Percentile _____ Percentile _____ Percentile _____

Feeding:

- Breast-feed your baby on about every 3 hours (8 feedings per day). Feed until your baby seems content. Your baby may “cluster” the feedings in the evening to prepare for a longer stretch of nighttime sleep. Continue prenatal vitamins while breast-feeding. Your breasts may not feel as engorged between feedings- this is normal.
- If you do not breast-feed, use an iron-fortified infant formula. Feed your baby 4-5 ounces every 3-4 hours for a total of 26-28 ounces per day. By 4 months, many babies eat up to 32 ounces per day. Use tap water or nursery water for mixing powdered formula.
- Review the formula preparation instructions carefully. Do not heat formula/expressed breast milk in the microwave.
- Babies do not need supplemental water.
- Do not give honey or corn/Karo™ syrup in the first year of life.
- Cereal or other solid foods are not required until 6 months of age. Cereal will not help a baby sleep.
- Exclusively breast-fed babies need a vitamin supplement like Tri-Vi-Sol. Give 1 mL/day into his/her mouth.



- There is preliminary evidence that polycarbonate bottles bearing the #7 should be avoided due to high bisphenol A (BPA) content.
Use glass or plastic bottles with #1,#2,or #4.

Elimination:

- Breast-fed babies have yellow stools with a pasty, watery, or curd-like consistency. Stools tend to decrease in frequency, however the frequency varies widely – a few per day to a few per week is normal. Your baby is not constipated if he/she has stools that are infrequent but soft.
- Bottle-fed babies usually have 2-4 soft brown, green or yellow stools.

Sleep:

- Always place your baby on his back to sleep on a firm, flat mattress of a crib/bassinet.
- Your baby should not fall to sleep with positioners, wedges, blankets, pillows, or toys in bed. Crib bumpers should be removed. Your baby should also not sleep for long periods or sleep unattended in the carseat.
- The average baby sleeps 15.5 hours per day between 1 and 4 months of age. It is normal for your baby to sleep more on some days and less on other days.

- Your baby is too young to cry himself to sleep. Your baby cries to communicate that he needs something from you.
- By 4 months of age, most babies have longer stretches of sleep at night and 3 daytime naps.

Development: (2 to 4 months):

- Although babies must sleep on their backs, allow for **observed “tummy time”** everyday while awake. Your baby will raise his head slightly when lying on tummy, and will get better and better with this skill if you practice! Because babies spend a lot of time sleeping, they are at risk of developing a “flat head”. Prevention is the key! Tummy time helps, and so does varying the direction your baby’s head is facing at different naptimes, either right or left facing. A “flat head” does not develop overnight but rather over time if positioning is not varied and tummy time is not practiced. Back to sleep, tummy to play!
- Reduce the time in car-seat carriers, bouncy seats, and swings- these devices apply pressure to the back of the head increasing the chances of a “flat head”.
- Your baby will raise his body when lying on his tummy, hold his head up, he may bear weight on legs
- Smile, coos, laughs, may blow bubbles, cries may change according to needs
- Visually follow an object, respond to sound and voices by quieting or cooing
- Swats, reaches, grabs, may hold a rattle



Safety:

- Always use a carseat made for an infant and place it rear-facing in the back seat. Your baby should not sleep for long periods or unattended in the seat.
- Always make sure your baby is sleeping in a safe place. The crib slats should be less than 2- 3/8 in. apart.

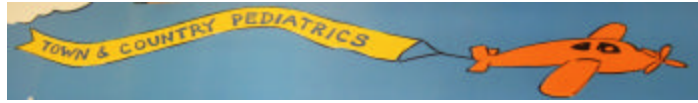
- Take an infant CPR/first aid class. Northwestern 877-926-4664 or CMH 773-975-8751
- Set your hot water heater to 100°F to prevent burns and never drink hot liquids while holding your baby.
- Never leave your baby unattended on the bed, sofa, changing table, or in the bathtub.
- Do not use a walker!
- No jogging with jogging strollers until 9-12 months!
- Install and maintain smoke/carbon monoxide detectors.
- Watch your pets/older children carefully around your baby.
- Shaking or spanking your baby may cause serious injury or death.
- Do not smoke around your baby – it may lead to respiratory problems.

Safe Toys:

- Choose toys that are made for your baby’s age.
- Check for long strings, cords, small or loose parts, like eyes, noses, and ribbons, sharp or pointed edges.
- All toys and pieces should be larger than 1 5/8 inches. You should not be able to pass the toy through a cardboard toilet paper holder.
- Avoid old painted toys that may contain lead. Check the CPSC site at www.cpsc.gov
- Do not string any toys across the crib.

Other Things to Keep in Mind:

- Know the signs of illness – temperature over 102°F rectally, vomiting (not just spit-up), diarrhea or failure to eat several feedings in a row.
- Protect from sun exposure with clothing, blankets, or an umbrella. Sunscreen (SPF 15 or higher) may be used if clothing & shade are unavailable.
- Show your baby affection – you can not spoil a young baby. Hold, talk and sing to your baby.



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- Adults who have or who anticipate having regular close contact with your infant should receive a single dose of Tdap (tetanus, diphtheria, pertussis). Mothers can receive this vaccine in the postpartum period to protect themselves and their newborn infant from pertussis (whooping cough).
- The AAP recommends no TV until age 2.

“Caring for Your Baby and Young Child”

Additional Instructions:

Tests/Immunizations for Today:

- Your baby will receive the Pentacel #1 (DTaP, Hib, Polio), Prevnar, and Rotateq vaccines. Please review the information sheets.
- If you have any questions about vaccines check out our website or the CDC at www.cdc.gov or <http://vaccine.chop.edu/parents>

Acetaminophen Infant Drops Dose:

Every 4-6 hours & no more than 4 doses/day

6-11 lbs = 0.4mL (1/2 dropper)

12-17 lbs = 0.8mL (1 dropper)

At the 4 month check-up:

- Your baby will have a physical examination and questions will be answered.
- Your baby will receive second doses of Pentacel (DTaP, Hib, Polio), Prevnar, and Rotateq vaccines.

Suggested Reading:

“The Nursing Mothers Companion”

“What to Expect the First Year”