

## Your 2-Month-Old Infant

### Feeding

- Breastfeed your baby on demand, about every three hours or eight 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.
- Babies who are primarily breastfed should have supplemental Vitamin D, 400 IU daily. This is available over the counter. Brands such as Baby D and Carlson’s offer 400 IU in one drop.
- If you are using formula, it should be iron-fortified. Feed on demand, about 4–5 ounces every 3–4 hours, or 26–28 ounces per day. By 4 months of age, many babies eat up to 32 ounces per day.
- Review the formula preparation instructions carefully.
- Do not heat formula or expressed breast milk in the microwave.
- Babies do not need supplemental water.
- Babies are not ready for cereal or other solid foods until 4–6 months of age. Cereal will not help a baby sleep.

### Elimination

- Spitting up is very common at this age. If your baby is content after feedings, and growing well, this is not a concern.
- Normal stool patterns vary widely, from several times a day to every few days. Infrequent stools are not a concern as long as they are soft.

### Sleep

- Swaddling blankets should not be used after the age of 3 months.
- By 4 months of age, most babies have longer stretches of sleep at night and three daytime naps.
- Your baby is still too young to cry himself to sleep.

### Development

- Continue tummy time every day. Most 2-month-olds tolerate longer stretches of tummy time as their strength and head control improves.
- Most 2-month-olds smile socially, coo, follow objects, and show improving head control. Enjoy your increasingly social baby.
- Fussiness, especially in the afternoon and evening, is common but should diminish over the next month.

### Safety

- Always use an infant car seat, rear facing, in the back seat.
- To prevent burns, set your hot water heater no higher than 120° F, and never drink hot liquids while holding your baby.
- Never leave your baby unattended on a bed, sofa, changing table, or in the bathtub.
- Maintain your smoke and carbon monoxide detectors.
- Watch your pets and older children carefully around your baby.
- Shaking or spanking your baby may cause serious injury or death.
- Avoid direct sun exposure by using clothing, blankets or an umbrella. Sunscreen (SPF 15 or higher) may be used on exposed areas.

### Safe toys

- Small toys (small enough to pass through a cardboard toilet paper holder) are a choking hazard. Choose toys that are made for infants.
- Avoid old painted toys that may contain lead. Check the CPSC site at [cpsc.gov](http://cpsc.gov).
- Do not string toys across the crib.

## Fever/Illness

- Fever is a symptom that we take seriously in the first three months of life. If your baby has a fever — **a rectal temperature over 100.4° F** — please call our office for advice. If the office is closed, the answering service will contact the doctor on call.
- A rectal thermometer is the most accurate way to check a baby's temperature. Take a temperature if your baby feels hot or has other signs of illness (unusual fussiness, vomiting beyond typical spit-up, diarrhea or failure to eat several feedings in a row).

## Disease prevention

- Adults who have regular close contact with your infant should receive the Tdap vaccine (for tetanus, diphtheria and pertussis). This helps prevent pertussis (whooping cough) in babies.
- We follow the vaccine schedule recommended by the American Academy of Pediatrics. If you have questions or concerns about vaccines, please visit [vaccine.chop.edu/parents](http://vaccine.chop.edu/parents).

## Reaching us

If you have concerns, please do not hesitate to call the office to speak to a nurse. Nurses return calls throughout the day. You may also leave a non-emergent message for your doctor or nurse practitioner, who will return your call by the end of the day. For emergencies, a doctor is on call when the office is closed.

## Resources

- A good website to bookmark for future reference is [healthychildren.org](http://healthychildren.org).
- We suggest having the Illinois Poison Control Center phone number handy: [800.222.1222](tel:800.222.1222).

## Today

- Growth will be assessed by measuring your baby's length, weight and head circumference, and plotting these numbers on a growth chart. Healthy babies can be small or large, and growth rates vary at different ages. Your provider will monitor the growth pattern and share this information with you.
- Your baby will receive the Pentacel (DTaP, Hib, Polio), Prevnar and Rotateq vaccines.

## At the 4-month check-up

Your baby will receive second doses of Pentacel (DTaP, Hib, Polio), Prevnar and Rotateq vaccines.

### Acetaminophen Dosing Instructions (no ibuprofen until 6 months)

Every 4–6 hours and no more than 4 doses/day

Weight	Dose	Infant <b>OR</b> Children's suspension 160 mg/5 mL
6–11 lbs	40 mg	¼ tsp or 1.25 mL
12–17 lbs	80 mg	½ tsp or 2.5 mL