

Name _____ Date _____

Weight _____ (____%) Height _____ (____%) Head _____ (____%)

Acetaminophen (Tylenol) dose _____

Vaccines administered today: _____

Diet

- Breast milk or formula is still the best nutrition for a 2-month-old baby. Extra water or solid foods are not recommended. Introduction to solid foods can begin between 4 and 6 months.
- Do not sweeten milk with honey – honey can cause paralysis (baby botulism) until 1 year of age.
- Do not add cereal to the bottle.
- Do not prop the baby bottle on pillows during feeding, as this can lead to choking, ear infections, and cavities.
- If you are breastfeeding, continue to either give 400 IU of vitamin D to your baby every day, or take 6,400 IU of vitamin D daily yourself.

Development

- Your baby should be more alert, and will become more social over the next few months. They smile, “coo,” and respond to their parents.
- They will look at objects.
- They enjoy hearing your voice, and language development starts now, so talk to your baby often.
- Continue “tummy time” while the baby is awake, which will help with muscle development of the head, neck, and upper body.
- Respond to your baby’s cry: you can’t “spoil” the baby at this age.
- Colic may start to improve.

Sleep

- Continue to place your baby on his or her back during sleep, to decrease the risk of SIDS (Sudden Infant Death Syndrome).
- Some infants will sleep 5-6 hours at night with several daytime naps.
- Try to create a “bed time” routine at night to develop sleep-wake cycles

Continued on other side

Safety

- Babies can move suddenly at this age, and at 3-4 months will start to roll over. Keep stuffed animals, wedges, and rolled blankets out of the crib and avoid placing the baby on high surfaces unattended.
- Use a car seat at all times (facing backwards in the backseat). Always buckle the straps anytime your baby is in the car seat.
- Do not keep hot drinks or other dangerous items near your baby.
- Your baby can get sunburned. Use hats, protective clothing, and shade while outside. Sunscreen can be used at 6 months of age.
- The water heater temperature should not be over 120 degrees.
- NEVER shake a baby.

Parenting/Family

- This is often a time when parents have inadequate sleep and feel overwhelmed. Try to sleep when the baby sleeps, even if it is in bits and pieces. Silence your phone during these times.
- Take some time for yourself without the baby, even if it is for just 20 minutes a day.
- Moms, if you feel very sad or depressed, please talk to your or your child's doctor about your feelings, as you could be suffering from postpartum depression, for which there is treatment.
- Many parents experience stress as they prepare to return to work.
- Make sure you are comfortable with your baby's care provider.
- Siblings often feel jealous and overwhelmed. Spending one-on-one time with them should help.

At this visit

Typical screenings: Postpartum depression in mom

Typical immunizations: Pediarix (Hepatitis B, polio, DTAP); HIB (Haemophilus B); Prevnar (Pneumococcal); Rotataq (Rotavirus)

Return at 4 months of age for your next well child visit!