

2 MONTH WELL EXAM

NUTRITION:

By this age, your baby has often established a regular feeding and sleeping schedule. The formula fed baby is fed approximately every 3-4 hours, the breastfed infant every 2 ½ - 4 hours. Night feedings may begin to occur less frequently now. Most formula fed babies drink 3-6oz per feeding with a maximum recommended amount of 24-32oz per 24 hours. Your baby does not need any solid foods until 4-6 months of age. In fact, we recommend waiting until at least 4 months before even introducing rice cereal. All standard formulas are fortified with vitamins. However, babies who are exclusively or primarily breastfed should receive vitamin D supplements (400 IU/day). Newborns should not be given water by itself, juice, cow's milk, or honey. Do not microwave breast milk or formula. Use tap water for mixing formula. If using bottled water, use only the specified nursery water fortified with fluoride. Notify physician if you have well water at your home.

SLEEP:

Sleep patterns vary tremendously. Your infant may sleep uninterrupted for 8-10 hrs at this point, but most infants are still waking every 3-6 hrs at night. If your infant stays awake for longer periods in the middle of the night after feeding, consider interrupting his/her daytime naps. The safest sleep position for your baby for the entire first 6 months of life is to remain on their back. The mattress should be firm with a fitted sheet. There should be **NO** loose bedding, blankets, stuffed animals, bumpers, positioners, or other objects in bed with your infant. Do not allow your baby to sleep with you or in your bed as there is a serious risk for suffocation. Begin to allow your baby to fall asleep on his/her own without the aide of rocking, feeding, singing, swinging, etc. This will ensure that your baby will not be dependent upon you to fall asleep.

BLADDER AND BOWEL FUNCTION:

- Babies at this age typically have 4-10 wet diapers per day. Male infants should have a strong urine stream.
- Babies at this age usually have soft or runny stools. The frequency of stools may vary from 4-5 stools each day to one every 4 days. Stool colors can start to vary; yellow, green, and brown are normal, but notify your physician if you see pale/clay-colored, red, or black stools.

DEVELOPMENT:

Social interaction with the parents is your infant's most important source of developmental stimulation. Spend time talking to, reading to, singing to, and playing music around your infant. This stimulates brain development. While your baby is wide awake, you can place him/her on the belly for a few minutes to help with motor development. Babies should be watched during tummy time. By 2 months of age your baby should be able to do the following:

- hold their head up temporarily when held upright
- smile responsively and socially
- coo and vocalize with parents
- respond to sound and be attentive to voices

SAFETY:

- **ALWAYS** use an approved, rear-facing infant car seat. The safest place for the car seat is in the middle back **NEVER** ride in the car with a child on your lap. Parents should always wear their seat belts.
- Do not leave your infant unattended on a bed, couch, changing table, etc. Although, your child is not purposefully mobile at this age, he/she can scoot and squirm causing risk of fall. Likewise, do not leave your infant in a carrier seated above floor level.
- Make sure the smoke detectors & carbon monoxide detectors are operational in your home.
- Never leave your child unattended near water (bathtub, swimming pool, etc). Even an inch of water in a bucket can be a drowning hazard to a child. Lower hot water heater to 120° F and test bath water, bottle water, etc. on wrist.
- **NEVER** shake a baby. Irreversible brain damage can occur to infants and toddlers whom are shaken.
- Never leave your baby alone with a young sibling or a pet.
- Be sure to keep your infant out of direct sunlight; we do not recommend sunscreen under the age of 6 months. Do not allow your baby to overheat while outdoors or in a car as they are unable to sweat normally before 6 months.
- Insect repellent should be used if necessary to avoid mosquito, tick, and other insect bites. Do not apply near mouth or eyes or on hands. Make sure exposure to mosquitoes is limited and cover infant's skin with long sleeves and pants when mosquitoes are prominent. If insect repellent is used, bathe your infant before bedtime.
- All parents & caregivers should learn infant CPR.
- Second-hand smoke exposure is very dangerous for your child. Do not smoke around your baby, in your home or car.