Caring for your 2-month-old baby

Name _____ Weight _____ Height _____ Date _____

Keep Your Baby Safe

Use a Car Seat

Install it properly in the back seat facing backwards.

Use a Safe Crib

- Crib slats must be no more than 2 3/8 inches apart.
- Don't use a crib with sharp edges that your baby can hit.

Prevent Suffocation

- Place your baby on your baby's back to sleep.
- Don't string toys across the crib or playpen.
- Don't give your baby toys with small, removable parts (like buttons) or toys that fit completely in your baby's mouth.
- Don't leave your baby on a waterbed or beanbag pillow.

Prevent Falls, Burns and Drowning

- Don't leave your baby alone in water, with young children or pets.
- Don't leave your baby alone on a changing table or any other surface that your baby can fall from.
- Don't use walkers.
- Set the water heater thermostat so that the water is not hotter than 120ºF.
- Make sure you have smoke detectors on your ceiling. Test alarms monthly.
- Keep your baby away from hot things (like cigarettes or an iron).
- Don't hold your baby when you are drinking something hot (like coffee).
- Never shake, toss or hit your baby.

Provide Healthy Nutrition

- Continue breast milk or iron-fortified infant formula. No juice before 12 months.
- Breastfed or partly breastfed infants need vitamin D 400 IU daily. Formula-fed infants need it if taking less than 32 oz of formula daily; confirm with the clinician.
- Start complementary foods around 6 months when ready, not before 4 months.
- Follow hunger and fullness cues. Discuss feeding or growth concerns with the clinician.
- Never prop a bottle or put your baby in bed with a bottle.

Practice Healthy Parenting and Care-giving

Encourage Healthy Development

- Play with and hold your baby as much as possible - you cannot spoil your baby.
- Excite your baby's sense of sight. Give your baby an unbreakable mirror to look at. Move objects (like your face or a toy) slowly in front of your baby's face.
- Excite your baby's sense of touch. Let your baby touch objects with different textures (like soft, hard, glossy or furry).
- Excite your baby's sense of hearing. Talk and sing to your baby. Give your baby objects that make noise (like a bell or rattle).

Deal With Crying

- When your baby cries, ask yourself, "Is my baby hungry? Does your baby want to be changed? Does your baby want to be held? Is your baby too stimulated (from too much touch, noise or light)? Is your baby in pain (like from gas in the belly)? Does your baby have a fever?"
- Don't feed your baby every time your baby cries. Don't use a pacifier every time your baby cries. Use it only when you think your baby needs to calm down.

Sleep

- Place your baby on your baby's back in the crib when your baby is drowsy but still awake.
- Ask your clinician when to wake your baby for feeds.
- Don't change your baby's diaper in the middle of the night unless your baby has pooped or has a rash.

Clean Your Baby

- If your baby boy is uncircumcised, don't try to pull back your baby's foreskin.
- Bathe your baby every other day, at most. Use warm water and mild baby soap.

Prevent Sickness - Identify It Early

- Keep your baby away from cigarette smoke. Do not smoke with the baby in the car; do not smoke in the home.
- Don't let someone touch your baby unless they first wash their hands.

- Call the clinic right away if your baby has a fever, is coughing a lot or may be dehydrated. A fever is a rectal temperature of 100.4°F or higher. A dehydrated baby has fewer than five wet diapers a day, cries without making tears, or has dry lips and a pasty mouth.

Development

All babies develop at their own rate. At this age you may notice that your baby:

- Smiles and coos at you
- Turns your baby's head toward your voice
- Follows an object with your baby's eyes
- Raises your baby's head while lying on tummy
- Shows better head control
- Grasps a rattle briefly

Next visit: about 4 months. Bring the immunization record and review vaccine information. Do not give fever medicine before shots unless the clinician directs it. Ask for a weight-based dose if medicine is needed afterward.