Optimum Internal Medicine & Pediatrics
Dr. Christopher Burress
Board certified Internal Medicine and Pediatrics

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

- Make sure the space between the slats is less than 2½ inches.
- 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. Check twice a year to make sure they work.
- 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

- Breast milk or infant formula is all your baby needs. A healthy baby does not need vitamins.
- Talk with your health care provider if your baby uses a "low iron" formula.
- Feed your baby every 2 to 4 hours. Keep nighttime feedings quiet and as short as possible.
- Don't prop a bottle in your baby's mouth.
- Spitting up is normal. Burp frequently to decrease the amount your baby spits up.
- Don't give solid food.
- You don't need to warm up refrigerated formula, but your baby may like it more.

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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.
- During the day, don't let your baby sleep more than three hours in a row.
- 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

Your baby's next visit is when your baby is about 4-months-old. At this check-up your baby will get your baby's second set of immunizations (shots). Remember to bring your baby's shot record with you. Read the shot handouts given to at time of visit. Bring acetaminophen for infants with you to the next visit.