### TWO MONTHS

## At two months, your baby may:

- Make gurgling and sighing sounds.
- Smile back when you smile.
- Grasp toys.
- Lift head and turn head to one side.
- Turn body from side to back.

## Things to do Together:

- Put you baby close to you in an infant seat. Do not put the infant seat on a bed or soft surface, where it may turn over.
- Greet your baby with a smile and their name. Talk to them about what you are doing and seeing.
- Copy and repeat the sounds they make.
- Read to your baby.
- Begin a bedtime routine such as a bath, a story, a song, and going into the crib.
- Play with different things they can touch: stuffed animal, wooden block, metal spoon.

# What you can do:

- Give them a safe, light rattle to hold.
- Take an infant CPR class.
- Continue to support your baby's head.
- Lay them on their stomach when they are awake to develop movement skills.
- Do not hold hot liquids while holding your baby.
- Try to fit exercise into your schedule.

### What kinds of toys are good for a baby:

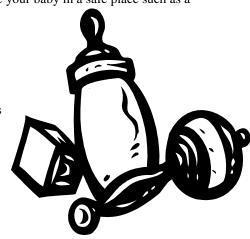
- Brightly colored mobiles, or pictures placed out of reach.
- Soft, light, sturdy rattles.
- Cloth or vinyl picture books.
- A mirror that can not break.
- Washable dolls and stuffed animals without loose parts.
- Avoid toys that are too small because they can be a choking hazard. If the toy is small enough to fit through a toilet paper tube, it is too small.
- Do not let your baby play with rubber balloons. They are the most common toy that babies choke on .

#### **Anticipatory Guidance (Do's and Don'ts):**

- Do put baby to sleep on back. Baby may start to sleep through the night.
- Do encourage tummy time when awake to increase your baby's arm and neck strength.
- Do use a car seat for your baby, facing rear.
- Do install a smoke detector in the house; check batteries regularly.
- Do use protective clothing and sunscreen when going outside.
- Don't leave baby unattended where he/she can fall. Do leave your baby in a safe place such as a crib with the sides up or a play pen.
- Don't boil or sterilize bottles, this is unnecessary.

### **Feeding:**

- Avoid Honey until 1 year of age.
- **Breast Milk**: Frequent feedings (8-12).
- Iron Fortified Formula: 16-32 oz divided into 8-12 feedings
- <u>Cereals/Breads</u>: none
- Fruit: none
- Vegetable: none



<u>Protein Foods</u>: none<u>Fruit Juice</u>: none

#### Call your doctor if your baby:

- Is not feeding well
- Not wetting as many diapers as usual
- Seems lethargic
- Has a reaction to immunizations (fever, rash, swelling/redness at injection site, or any other concerning symptoms)

# At this visit, your baby received the following vaccines:

- 1) Pentacel: immunizes against Diphtheria, Tetanus, Pertussis, Polio, and Haemophilus Influenza Type B. This is the first of 3 doses.
- 2) Prevnar: immunizes against Pneumococcal infections. This is the first of 4 doses.
- 3) Hepatitis B: immunizes against Hepatitis B. This is the second of 3 doses.

The shots may cause some fever or fussiness for one or two days. If it does, use TYLENOL DROPS every four to six hours. Cool compress may be used if injection site is swollen or tender. A lump may occur at the injection site that will eventually go away.

Dose for Tylenol Infant Drops: \_\_\_\_\_ml or \_\_\_\_\_dropperfuls every four to six hours.

At the next visit, your bay should receive their second dose of Pentacel and Prevnar.

**Next Visit:** in 2 months (age 4 months)

