

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
- **Cereals/Breads**: none
- **Fruit**: none
- **Vegetable**: none



- Protein Foods: none
- Fruit Juice: 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)

