Your baby is now two months old and they’re probably growing and changing every day. Here are some tips to keep them safe, healthy, and happy.

Feeding your baby
• Breast milk is the healthiest food for your baby. It gives your baby complete nutrition for the first 6 months of life.
• Let your baby decide when and how long to nurse.
• If you bottle-feed, use iron-fortified formula (not low-iron formula) until your baby is one year old. Bottle-feed on demand.
• Always check the temperature of formula with a few drops on your wrist before feeding. Never warm bottles in the microwave.
• Don’t give your baby honey during their first year of life.
• Make sure your baby is getting 400 IU of vitamin D every day.

Practicing healthy habits
• Don’t let anyone smoke in your home or car. Smoking around your baby increases the risk for SIDS, ear infections, asthma, and pneumonia.
• Always wash your hands before feeding your baby, and after changing diapers.
• Drive safely: Don’t drive after drinking alcohol.
• Always wear your seat belt.
• Take your baby for walks.
• When your baby is awake, put them on their tummy to play. This helps strengthen their neck and arms and prevent flattening of their head.
• Install smoke detectors and check them regularly.
• Don’t drink hot liquids near your baby.

Keeping your baby safe
• Avoid SIDS (crib death). Put your baby to sleep on their back (not side or tummy). Make sure your baby has a firm, flat mattress to sleep on.
• Use an infant car seat for every car trip. Place the car seat in the back seat facing backward. For questions about car seats, call toll-free 1-800-282-5587 or visit www.800BUCKLUP.org.
• Avoid falls. Don’t ever leave your baby alone on a bed, sofa, or table.
• Avoid burns. Lower water heater temperature to warm or low (below 120°F). Always check water temperature with a few drops on your wrist before putting your baby in a bath.

Easing vaccination days
• When your baby gets vaccines (shots), you may give them acetaminophen (Tylenol) drops every 4 to 6 hours after the visit. This can help them feel more comfortable.
• Use this chart to find out how much acetaminophen you can give your baby. Dosages listed are for medicine concentration of 160mg/5ml. Toss out old bottles of medicine with concentration of 80mg/0.8ml. Talk to your baby’s doctor or nurse if you have questions.

<table>
<thead>
<tr>
<th>Age</th>
<th>Weight</th>
<th>Syrup</th>
</tr>
</thead>
<tbody>
<tr>
<td>under 4 months</td>
<td>under 12 pounds</td>
<td>¼ tsp/1.25 ml</td>
</tr>
<tr>
<td>4-11 months</td>
<td>12-17 pounds</td>
<td>½ tsp/ 2.5 ml</td>
</tr>
</tbody>
</table>

Don’t give aspirin to a child under 20 years old. Aspirin can cause Reye’s syndrome, a rare but dangerous disease.

Choosing safe toys
• Always choose toys made for baby’s age.
• Check stuffed animals and dolls for loose eyes and noses. Remove all ribbons.
• Don’t allow toys that:
  - Are smaller than 1-5/8 inches across. Small toys can cause choking.
  - Have small parts that can come off. Your baby could choke on these.
- Have strings, cords, or necklaces.
- Have sharp or pointed edges.
- Are older and painted (the paint could contain lead).
- Are strung across your baby’s crib (they could cause choking).

Noticing if your baby is hearing
- Newborns can hear well and will respond to sounds.
- If your baby does not respond to sounds or if you have a family history of childhood hearing loss, tell your baby’s doctor at the next well-child visit.

Preventing sleep problems
- Place your baby in their crib when they’re drowsy but still awake. Many babies are restless or cry for 15 to 20 minutes before falling asleep.
- Don’t let your baby sleep for more than 3 hours in a row during the day.
- Make middle-of-the-night feedings brief and boring (leave lights off, don’t talk to baby).

• Try to delay or shorten middle-of-the-night feedings.
• Don’t change diapers during the night (unless they’re soiled or your baby has a diaper rash).
• Give your baby’s last feeding at your bedtime (10 or 11 p.m.)
• Don’t wake your baby at night for a feeding, except at your bedtime.

Other parenting tips
- Hold, talk, and sing to your baby. Don’t worry about spoiling them.
- Never leave your baby alone at home, in a car, or bathtub.
- Never shake your baby. Shaking or spanking a baby can cause serious injury or death.

SUGGESTED READING
- Your Child’s Health, Schmitt
- Caring for Your Baby and Young Child, Shelov
- Caring for Yourself and Your New Baby, Kaiser Permanente

The year of wonder – normal development for ages 1 to 12 months
Here are some things you can look forward to in the months ahead:

<table>
<thead>
<tr>
<th>Age</th>
<th>Movement</th>
<th>Vision</th>
<th>Language</th>
<th>Social</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 months</td>
<td>• Raises chest and head when on tummy.</td>
<td>• Follows moving objects.</td>
<td>• Smiles when you talk.</td>
<td>• Smiles when smiled at.</td>
</tr>
<tr>
<td></td>
<td>• Grasps and shakes toys.</td>
<td>• Knows familiar faces.</td>
<td>• Babbles.</td>
<td>• Enjoys playing with other people.</td>
</tr>
<tr>
<td></td>
<td>• Stretches and kicks legs.</td>
<td>• Stares at faces.</td>
<td>• Imitates some sounds.</td>
<td>• Has new facial expressions.</td>
</tr>
<tr>
<td></td>
<td>• Brings hand to mouth.</td>
<td></td>
<td>• Turns head toward sound.</td>
<td></td>
</tr>
<tr>
<td>4-7 months</td>
<td>• Rolls both ways.</td>
<td>• Develops full color vision.</td>
<td>• Responds to own name.</td>
<td>• Enjoys playing.</td>
</tr>
<tr>
<td></td>
<td>• Sits without support.</td>
<td>• Distance vision improves.</td>
<td>• Babbles, laughs.</td>
<td>• Interested in mirrors.</td>
</tr>
<tr>
<td></td>
<td>• Reaches with one hand.</td>
<td>• Tracks moving objects.</td>
<td>• Uses voice to express happiness and sadness.</td>
<td>• Responds to other people’s expressions of emotions.</td>
</tr>
<tr>
<td></td>
<td>• Transfers objects from hand to hand.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8-12 months</td>
<td>• Gets to sitting position alone.</td>
<td>• Finds hidden objects.</td>
<td>• Says “mama” and “dada.”</td>
<td>• Shy with strangers.</td>
</tr>
<tr>
<td></td>
<td>• Crawls forward on belly.</td>
<td>• Picks up objects with thumb and forefinger.</td>
<td>• Says “Oh oh.”</td>
<td>• Cries when mom leaves.</td>
</tr>
<tr>
<td></td>
<td>• Pulls to stand.</td>
<td></td>
<td>• Pays attention to speech.</td>
<td>• Finger-feeds self.</td>
</tr>
<tr>
<td></td>
<td>• Walks holding on to furniture.</td>
<td></td>
<td>• Tries to imitate words.</td>
<td>• Extends arm or leg to help when being dressed.</td>
</tr>
</tbody>
</table>

Next well-child visit at 4 months old

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