

Caring for your baby: 2 months

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.

Age	Weight	Syrup
under 4 months	under 12 pounds	¼ tsp/1.25 ml
4-11 months	12-17 pounds	½ tsp/ 2.5 ml

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.

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- 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:

Age	Movement	Vision	Language	Social
1-3 months	<ul style="list-style-type: none"> • Raises chest and head when on tummy. • Grasps and shakes toys. • Stretches and kicks legs. • Brings hand to mouth. 	<ul style="list-style-type: none"> • Follows moving objects. • Knows familiar faces. • Stares at faces. 	<ul style="list-style-type: none"> • Smiles when you talk. • Babbles. • Imitates some sounds. • Turns head toward sound. 	<ul style="list-style-type: none"> • Smiles when smiled at. • Enjoys playing with other people. • Has new facial expressions.
4-7 months	<ul style="list-style-type: none"> • Rolls both ways. • Sits without support. • Reaches with one hand. • Transfers objects from hand to hand. 	<ul style="list-style-type: none"> • Develops full color vision. • Distance vision improves. • Tracks moving objects. 	<ul style="list-style-type: none"> • Responds to own name. • Babbles, laughs. • Uses voice to express happiness and sadness. 	<ul style="list-style-type: none"> • Enjoys playing. • Interested in mirrors. • Responds to other people's expressions of emotions.
8-12 months	<ul style="list-style-type: none"> • Gets to sitting position alone. • Crawls forward on belly. • Pulls to stand. • Walks holding on to furniture. 	<ul style="list-style-type: none"> • Finds hidden objects. • Picks up objects with thumb and forefinger. 	<ul style="list-style-type: none"> • Says "mama" and "dada." • Says "Oh oh." • Pays attention to speech. • Tries to imitate words. 	<ul style="list-style-type: none"> • Shy with strangers. • Cries when mom leaves. • Finger-feeds self. • Extends arm or leg to help when being dressed.

Next well-child visit at 4 months old

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