



## 2 month check up

### FEEDINGS:

There are two foods for babies at this age, breast-milk and infant formula. Breast-milk is the best food for babies. If you are not breast feeding, an infant formula should be given such as SMA, Enfamil, or Similac with iron. Normally, babies should be fed with an iron-supplemented, milk-based formula with omega 3 fatty acids. If your baby is colicky, your doctor may want to change to a lactose-free, or a soy formula. Be sure to discuss this with your doctor before you change formula. Adding other foods in baby's diet will not provide any added nutritional value at this age, it will only increase the chances for food allergies and stomach upsets, so please do not feed your baby other foods until at least 4-6 months. Sometimes a baby will be satisfied with a pacifier. Do not give your baby honey under the age of 12 months. Every baby is unique, but most by this age most will do well with 2-4 hours between feedings during the day and may sleep through the night. If your baby is hungry before 2 -1/2 hours after his/her last feeding, discuss this with your baby's doctor. Bottle-fed babies usually drink between 2-4 oz with each feeding. Breasts fed babies usually eat every 2 to 3 hours. When babies eat they take in a lot of air with their formula, so make sure to burp your infant both during and after feedings. This will help your child to spit up less.

It is important for you to know your baby will have an increased risk of a dental problem if put down to sleep with a bottle. The milk has lactose sugar and will cause tooth decay once the tooth is showing. Hold your baby during feeding. You will bond with your baby and prevent tooth decay in the future.

### VITAMINS:

Formula has the vitamins necessary for baby and since most water supplies contain fluoride in either natural or added form, no additional vitamins are necessary. If you are only breast-feeding your baby, then give your child a daily liquid multivitamin (over-the-counter) to provide the necessary vitamin D intake. Follow the directions on the bottle for the child's age and weight.

### SAFETY:

Recent research has shown that babies should not sleep on their stomachs. Babies who sleep this way have a greater risk of sudden infant death syndrome (SIDS). Babies should be put to sleep on their back or their sides. Do not put bumpers on the crib due to risk for suffocation.

Remember to always place your child in a car seat when driving and tell others riding with your child to do the same. You should always buckle up children. Be sure that anyone taking care of your baby is aware that babies can roll over. Never

leave the baby unprotected. Do not put your baby in an infant seat and leave on a table or counter.

### BABY'S DEVELOPMENT:

At this age baby will follow you with their eyes several feet across the room and can recognize you. Lying on their stomach, they will raise their head and look around. Baby motions will become smoother, as if he/she is trying to crawl. Crawling will come later. Your baby will start to coo and make gurgling sounds and will gradually take turns cooing with you. Your child will smile at pleasant stimulation and turn toward familiar voices. You can identify your child's cry. Your baby will cry when hungry, needs to have his/her diaper changed, or may just want to play. If your baby is unusually fussy your child may be ill.

Spend time giving your baby attention, love and gentle touches. Make your baby feel more secure and cozy. Treasure this time, as baby's world expands with each new day. Share the newness and wonder. Take time and play with your child. Remember, your baby will learn what to expect from you by what you do with him. **HAVE FUN!**

### IMMUNIZATIONS SCHEDULE:

Keep your baby healthy by keeping up-to-date with their immunizations. Ask about your baby's shot schedule at every visit. Keep their shot record up to date, and keep in a safe place.

### TIPS:

Fever Phobia (fear of fevers) is a common concern among parents. Fears that fever will cause brain damage is not true. There is a fear that fevers cause seizures. A very small number of children will have seizures from a fever. Often children that have febrile seizures have a family history. Do not look just at the fever when the child has a fever. Look at how your baby is acting. Is your child drowsy, not eating, sleeping more, or not playing normally? These are important signs to report to your doctor. If your child has a fever, call your doctor with questions you may have. If your child is less than 3-months old and has a fever of 101 or higher then go directly to the hospital for evaluation.

### HOUSEHOLD ITEMS TO HAVE ON HAND:

Smoke Detector  
Thermometer  
Car Seat