



Education

Well Child Care at 2 Months

Feeding

Your baby still needs only breast milk or infant formula to grow healthy and strong. It is not time to start cereal or baby foods yet. Cereal can be started at 4 to 6 months of age. At this age most babies take about 4 to 5 ounces of formula every 3 to 4 hours.

Even if you only give your baby breast milk, it is a good idea to sometimes feed your baby with pumped milk that you put in a bottle. Then your baby will learn another way to drink milk and other people can enjoy feeding your baby.

Always hold your baby during feeding time. Then your baby learns that you are there to meet his needs. This is an important and special time.

Development

Babies start to lift their heads briefly. They reach for things with their hands. They enjoy smiling faces and sometimes smile in return. Cooing sounds are in response to people speaking gentle, soothing words.

Sleep

Many babies wake up every 3 to 4 hours, while others sleep through the night. Every baby is different. Feeding your baby a lot just before bedtime doesn't have much to do with how long your baby will sleep. Place your baby in the crib when he's drowsy but still awake. Do not put your baby in bed with a bottle. Ask your health care provider for ideas about ways to keep your baby alert and awake during the day and sound asleep at night.

Safety Tips

Never leave your child alone, except in a crib.

Avoid Suffocation and Choking

- Use a crib with slats not more than 2 and 3/8 inches apart.
- Place your baby in bed on his back.
- Use a mattress that fits the crib snugly.
- Keep plastic bags, balloons, and baby powder out of reach.

Prevent Fires, Burns, Scalds

- Never eat, drink, or carry anything hot near the baby or while you are holding the baby.
- Turn your water heater down to 120°F (50°C).
- Install smoke detectors.
- Keep a fire extinguisher in or near the kitchen.
- Do not smoke inside the house or near the baby. Try to cut back on cigarettes and set a quit date. Tell your friends you are quitting.

Car Safety

- Never leave a child alone in a car.
- Use an approved infant car safety seat and follow the instructions for proper use.
- Parents should always wear seat belts.

Avoid Falls

- Never step away when the baby is on a high place, such as on a changing table.
- Keep the crib sides up.

Immunizations

At the 2-month visit, your baby should have a:

- DTaP (diphtheria, acellular pertussis, tetanus) shot
- Hib (Haemophilus influenzae type B) shot
- hepatitis B shot
- polio shot
- pneumococcal (PCV7) shot
- rotavirus oral vaccine.

Some of these vaccines are mixed together in the same shot, so your baby will usually not have to have 5 separate shots.

Your baby may run a fever and be irritable for about 1 day after getting shots. Your baby may also have some soreness, redness, and swelling where the shots were given. Acetaminophen drops (1/2 dropperful, or 0.4 ml, every 4 to 6 hours) may help to prevent the fever and irritability. For swelling or soreness put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort.

Call your child's health care provider if:

- Your child has a rash or any reaction other than fever and mild irritability.
- You are concerned about the fever.

Next Visit

Your baby's next routine visit should be at the age of 4 months. At this time your child will get the next set of immunizations. Please bring the shot card each time your baby is due to get shots.

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