

WELL-CHILD CARE

Two Month Old Visit

Your Baby's Development

Social-Emotional

- Your baby should be smiling.
- Your baby will put her hands in her mouth as a way to console herself. This is an important part of a baby's development.



Communication

Cuddle, talk, and play with your baby.

- Your baby will have different types of crying. You should be able to tell when your baby is crying for hunger, discomfort, or fatigue.
- Your baby should be cooing.

Your baby cannot be spoiled!



Cognitive

- Your baby can indicate boredom by crying or becoming fussy when no changes in activity occur.

Physical Development

- When he is on his belly, your baby should be able to hold his head and begin to push up.
- Your baby should have consistent head control in supported sitting positions.

Fostering Your Baby's Development: Language

Turn Talking

- Respond to your baby's sounds by making sounds and by showing your face as you talk. Encourage your baby to talk back. This is called "turn talking" and is a foundation of your baby's language development. The best times to "turn talk" are during typical daily activities such as dressing, bathing, and feeding.

Read to your baby! Look and books together and talk about the pictures. This is important to expose your baby to as many sounds as possible.

Your Baby's Sleep – *Develop good sleep habits early!*

Your baby's sleep schedule will revolve around his stomach! He will be awake when he is hungry and asleep when he is full.

- Put your baby in her bed when she is *sleepy*, not sleeping. Do not let your baby fall asleep in your arms.
- Do not let your baby fall asleep with a bottle in his mouth.



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- Babies make many different kinds of sounds when they sleep. Not all of these sounds need to be tended to. Let your baby sleep when he is making these sounds. Only tend to your baby when he is truly hungry and truly waking up.
- Make your newborn comfortable in her bed.
 - Swaddle your baby
 - Place a blanket with mother's or father's smell on it at the head of the bed
 - Feed your baby before placing him to sleep
- Your baby will let you know when she is sleepy.* Pay attention to these cues and put her down when she has these cues. A baby that is not able to go to sleep when she is tired will have a more difficult time *falling* asleep and *staying* asleep.
- Help your baby learn the difference between day and night.
 - Have daytime naps in a lit room. Do not let daytime naps last more than 2-3 hours.
 - Nighttime sleep should be in a dark room. Establish a nighttime routine (for example, nightly bath followed by a feed before going to sleep).

Feeding Your Baby

- Your baby should be eating every 3-4 hours and on demand.
- Your baby does not need solid foods yet. All she needs is your breast milk or formula. Solid foods should be introduced at six months of age (you may introduce foods at four months of age if your baby is ready).
- Healthy babies do not require extra water. Breast milk and formula are adequate to meet the baby's needs. Juice is also not recommended.
- Do not prop a bottle in your baby's mouth. This can cause choking.
- Do not put your baby to bed with a bottle. This can cause tooth decay.

Crying

- Many babies at this age will start to have fussy periods in the late afternoon or evening. These are normal, often called "colic".
- There are many possible ways to calm your baby: talking, patting, stroking, bundling, rocking, walking, dancing, going on car rides. Try to find what works for your baby.



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- Some babies can be very difficult to calm no matter what you do. If you find that you become overwhelmed or frustrated by your baby's crying, put your baby down in a safe place and walk away. Seek out some help from friends, family, or your healthcare provider. Never, ever, shake your baby. This can cause permanent brain damage.

Safety

Car Safety

- A rear-facing car safety seat that is properly secured in the back seat should always be used to transport your baby. Never place your baby's car seat in the front seat of a vehicle with an passenger air bags.
- If you have a question about the installation of your baby's car seat, contact the local Child Safety Seat Inspection Station. You can find this at www.seatcheck.org or by calling 866.732.8243.

Home Safety

- Never leave a child alone in or near a tub of water. Water can cause severe scalding burns and young children can drown in less than 2 inches of water.
- Do not leave your baby on a changing table, couch, infant seat or bed – this can be dangerous as your baby is able to roll or push off. Get in the habit of always keeping one hand on the baby when changing diapers or clothing on a changing table.
- Do not allow your child to play with small objects. These can be placed in the mouth and are potential choking hazards. Round or cylindrical objects (including food) are especially hazardous.

Prevent Burns

- Do not drink hot liquids while holding your baby.
- Adjust your water heater to 120 degrees F or less. Before bathing your baby, always test the water temperature with your wrist to make sure it is not too hot.

Fire Safety

- Buy a **fire extinguisher** for the home. The most common causes of home fires are cooking and heating equipment.
- Install **smoke alarms** in your home. Have an alarm on each floor and in the sleeping areas of the home. Check alarms monthly. Change the batteries at least once a year.



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Gun Safety

- More than 5,000 children and adolescents are killed by gunfire each year. **Most of these injuries are almost always inflicted by themselves, a sibling, or a friend.**
- If you choose to keep a gun in the home, store it **unloaded** in a **locked** place. Lock and store the ammunition in a **separate** place.

Sleep Safety

- Put your baby on his back to sleep.
- Do not let your baby sleep in your bed.
- Your baby's crib should have slats that are no more than 2 3/8 inches apart and with a mattress that is the same size as the crib. The crib should be certified by the JPMA. Keep the sides of the crib raised when your baby is sleeping in it.
- If you use a mesh playpen or portable crib, the weave should have openings less than ¼ inch. Never leave your baby in a mesh playpen with the drop-side down.

Take Care of Yourself

Your role as a parent requires both physical and emotional energy. You must take care of yourself so you can take care of your baby. Take some time for yourself as well as with your spouse. Keep in contact with your family and friends so you do not become socially isolated.

Taking Care of the Siblings

It can be hard to meet the needs of all your children when there is a new baby in the home. Try engaging your other children in the care of the new baby. Have them bring supplies and hold the baby's hand. Give them a baby doll of their own to hold, feed and diaper. Set aside regular one-on-one time with them to read, talk, and do fun activities together.

Next Visit: Four-Month Well-child check

At the next visit ...

- Your baby will be smiling, cooing, and laughing more! You will be able to interact even more with your baby.
- Your infant's fussiness should begin to decrease as she develops self-consoling skills.



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- Your baby will be able to raise his body from the prone position with his arms. He should be able to hold his head steady.
- We will discuss starting solid foods. The first food that your baby will need is iron-fortified rice cereal. I do not recommend starting solid foods before 4 months.

