



# 2 month visit

**For breastfeeding help,** a lactation consultant and support groups are available. Please call your pediatrician to schedule a visit. If you plan to return to work pump classes are available.

**Do not put cereal in the bottle.** There is no relationship between cereal and sleep; adding cereal will not help your baby sleep through the night.

## REMEMBER...

**Warm bottles** by holding them under hot water for no longer than 15 minutes, avoid using the microwave since it warms unevenly and may burn your baby's mouth.



## Eating Well

**Breastmilk is the best food for your baby's first year.** Infant formula should be iron fortified. These are the only food or drink your baby needs at this age. No baby foods, solid foods, or other liquids should be given.

As your baby gets older and bigger, they will often take more and go longer between feedings. All babies are different; trust your baby to know how much breastmilk or formula they need.

**Use cues to guide feeding times and amounts.**

**HUNGER CUES INCLUDE:** rooting, sucking on fists, moving head quickly from side to side, opening and closing their mouths, crying or fussing.

**SIGNS THAT YOUR BABY IS FULL INCLUDE:** releasing the nipple, turning attention to other things, sealing lips together or falling asleep.

**Not all crying and sucking means your baby is hungry.** Sometimes babies have fussy times. Comfort your baby by rocking, swaddling, side swaying, shushing, swinging, cuddling, massaging, using a pacifier or playing music.

**Always hold your baby while feeding.** This makes your baby feel loved and secure. Never put your baby to bed with a bottle or prop the bottle due to risk of choking, tooth decay and ear infections.

Wait to start baby foods including cereal until your baby is developmentally ready, usually between 4-6 months of age. Benefits of waiting to start baby foods include giving your baby protection from illness and digestive complications. Waiting can also decrease your child's risk of obesity and iron deficiency anemia.

**Use 400 IU Vitamin D** for infants who are exclusively breastfed or getting less than 33 ounces of formula a day. DViSol or TriViSol can be found without a prescription.



**General guidelines for this age:**

**BREASTFEED ON DEMAND AT THIS AGE.**

**2 MONTHS:** breastfed babies feed every 3 hours, 8-10 times a day.

Formula fed babies: 4-5 oz per feeding, 6-8 times a day.

**3 MONTHS:** breastfed babies feed every 3-4 hours, 6-8 times a day.

Formula fed babies: 6-7 oz per feeding, 5-6 times a day.

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**Use activity gyms and other toys** that allow grabbing and pulling to help your baby develop fine motor skills.

**Wipe your baby's gums** twice a day with a soft cloth to start good oral care habits.

## REMEMBER...

**Babies should learn to fall asleep on their own** by self-soothing. Put them in the crib at night time when drowsy, but not asleep.



## Remember ABC's of sleep:

Baby sleeps

A - Alone

B - on their Back

C - in the Crib

**If breastfeeding** wake baby if they are sleeping over 4 hours during the day to feed. This helps maintain milk supply.

## Be Active

**Limit time in swings, playpens and infant seats to allow baby to move as much as possible.**

**Tummy time is important** for brain development and building muscles in the back, neck, shoulders, hips and stomach.

Increase tummy time to 5-10 minutes several times a day.

Do not put your baby down on tummy when they are tired or hungry.

Keep tummy time fun by using toys to keep their interest or playing games like "peek-a-boo".

**Include baby on family walks.**



**Play with your baby often:** hold, talk, cuddle, read and sing.

**Keep a hand on your baby** when changing or dressing, they will soon be rolling over.

**Do not put a TV in your baby's bedroom.** Screen time (TV, computer, cell phone, electronic games) is not recommended for children under age 2.

## Sleep

**Babies sleep most of the time,** from 10.5 to 18 hours per day. Wake times vary from one to three hour periods spent awake.

Baby should be put on his/her back for sleep, even for short naps.

Sleeping area must be clear of blankets and other soft items like bumpers, toys, stuffed animals and pillows.

**To prevent a flat head,** alternate which end of the crib you place the baby's head and vary the baby's position when awake.

**Keep baby in a smoke free environment** to help prevent ear infections, pneumonia, bronchitis, asthma attacks and SIDS.

**Use of a pacifier at nap time and at night** may decrease the incidence of SIDS. The pacifier should not have cords or clips attached.

**In an effort to prevent SIDS** do not swaddle your baby if they are active and can break free from the blanket.

**Encourage night time sleep** by keeping lights low and putting them back into crib after feeding.

**Do not sleep in the same bed as your baby.** Separate sleep areas are needed to keep baby safe.

**Notice what calms your baby;** such as, going for walks, a pacifier, your voice, rocking or reading.