

## 2 MONTH VISIT

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### Nutrition

- Breast milk or formula is still all your baby needs; Vit D if breastfed
- Max 24-32oz per day
- Develop schedules for feeding
- Follow your baby's cues for hunger
- Don't give water or juice
- Always hold your infant to feed them and do not prop bottles
- 8-12 wet diapers a day is expected
- Bowel movements can occur every 1-7 days or multiple times a day
- Babies don't need solid foods now

### Infant Care

- Your baby will receive immunizations today
- Your baby may be fussy or have a fever, so you may give Tylenol as directed by your doctor
- If the fever persists beyond 2 days, please call your doctor or come in for evaluation
- You can apply a cool cloth to the baby's legs for comfort if there is any redness or swelling at the site of vaccination

### Sleep

- Your baby will be adapting to a more regular schedule now, but cannot be expected to sleep through the night until at least 4 months old
- Try to practice good sleep hygiene
- Help your baby to learn to soothe itself by placing him/her in the crib while she is still awake and about to fall asleep

### Safety

- Your baby should be in a car seat in the back seat, facing backwards until 2 years old AND 20lbs
- Remember to still put your baby on its back to sleep
- Install smoke detectors and carbon monoxide detectors; if you rent, ask your landlord to do it
- Your baby will learn how to reach and grab soon – keep hot liquids and choking hazards away
- Do not leave the baby unattended or unstrapped on a high surface or in the tub

### Promoting Development

- Your baby will coo, make noises and smile responsively
- Read, talk and sing to your baby
- Play with him/her, cuddling and making sounds to respond to them
- When the baby is awake, have him/her spend time on their tummy as he/she can lift head and chest
- Babies can bring their hands briefly together and keep their heads steady
- Make sure you are taking time for yourself and your partner – if you feel sad or anxious out of the ordinary, please seek help

### Vaccines

- DTaP (Diphtheria, Tetanus, Pertussis)
- HepB (Hepatitis B)
- IPV (Polio)
- Hib (Haemophilus influenzae)
- Prevnar-13 (Pneumococcus)
- Rotarix (oral for Rotavirus)

***\*Next Visit: 4 months old for well child visit and vaccines***