

# Baby Business

A Publication of Suburban Pediatric Clinic

2 MONTH EDITION

Baby Business 2 month edition: This month's Baby Business will discuss what parents should expect when your baby is around 2 months old.

Baby's Name \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

## IMMUNIZATIONS

Your baby will receive immunizations today, according to the currently recommended schedule.

- ♥ You can expect some mild soreness and possibly fever (100.5-103 degrees F). Giving your baby Tylenol may relieve these symptoms.
  - **TYLENOL DOSAGE:** 0.4-0.8 milliliters every 4 hours for a 24 hour period.
- ♥ Please call our office **IMMEDIATELY** if your baby has a severe reaction to the immunizations.

## NUTRITION

At this age breast milk and iron fortified formula continue to be the best food for your baby.

- ♥ Your baby will need 5-6 feedings a day. Your baby will receive all the vitamins he needs from breast milk or formula. Your health care provider may recommend supplemental fluoride and Vitamin D around 6 months of age, if your baby is exclusively breast fed.
- ♥ Always hold, cuddle, and talk to your baby when you feed him.
- ♥ Do not use the bottle as a pacifier to calm your baby when he is upset but not hungry.
- ♥ Propping a bottle can lead to choking and overfeeding.
- ♥ If your baby is nursing or feeding more frequently than every 2½ -3 hours, please call our office to discuss adding rice cereal between the ages of 3-4 months.
- ♥ Occasional bottles of water are fine for your baby at this age.
- ♥ Stool patterns will continue to vary. Breast fed babies who are weaned to formula will usually have a decrease in the number of bowel movements.

## SLEEP

We recommend that your baby sleep on his **BACK**. This has been shown to lower the risk of Sudden Infant Death Syndrome (SIDS or crib death).

- ♥ You can encourage your baby to sleep through the night by maintaining a regular schedule of feedings, naps, and bedtime.
- ♥ Try to put your baby down when he is drowsy but awake so that he learns to fall asleep by himself.
- ♥ You may want to limit daytime naps to 2-3 hours, as a baby who sleeps all day will not want to sleep at night.
- ♥ At this age, many babies will still wake to feed at night. Make these feedings brief and boring, do not talk to or play with your baby.
- ♥ Do not rush to your baby's side at the first sound you hear, babies can cry out, move, and talk in their sleep. Give your baby a chance to settle down before you go in and arouse him.

Be encouraged, your baby will gradually develop a more predictable feeding and sleep schedule. Those periods of colic and fussiness will gradually decrease as your baby grows and develops.

This age is special and quite rewarding for babies and parents because of the development of your baby's social smile!

- ♥ Your baby should respond to sounds and voices. Your baby should look at your face or other interesting objects in front of him.
- ♥ Your baby may coo, smile, or even laugh. He may even grab onto objects placed in his palm.
- ♥ Your baby may like black, white, or red objects like mobiles and other baby toys. You can encourage your baby's development by singing and talking while you are feeding or playing with him.
- ♥ Give your baby **PLENTY** of hugs and affection.

### **ILLNESS**

Babies often get their first cold between 2 and 4 months of age. These colds generally last about 10 days.

- ♥ Please do not use over the counter cold medicines because they are rarely effective at this age and they do have side effects for your baby.
- ♥ A cold, mist humidifier may relieve your baby's congestion. You may use a bulb suction syringe with or without saline nose drops to clear secretions from your baby's nose.
- ♥ Although a stuffy or runny nose may disrupt your baby's feeding schedule, he should continue to feed fairly well and be active and alert.
- ♥ Please call our office **IMMEDIATELY** if your baby is very fussy, tired, feeding poorly, seems to have an earache, breathing very fast or heavy, or has a rectal temperature greater than **101 degrees F.**

## **Baby Safety Issues**

### **CAR SAFETY**

Car crashes are a great risk to your baby's health and life. The correct use of a car seat will prevent injuries and deaths that occur in car crashes.

- ♥ Make sure that your baby's car seat is installed correctly.
- ♥ For this age baby, the car seat should be **REAR** facing and placed in the **BACK** seat until your baby is 20 pounds and at least 12 months old.
- ♥ Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.

### **HOT WATER TEMPERATURE**

Be sure to check the hot water temperature in your home. The correct water temperature should be set at less than **120 degrees F.**

- ♥ If you need to change the water temperature in your home, please ask your nurse for instructions on how to do this.

### **CIGARETTE SMOKE EXPOSURE**

**DO NOT** let anyone smoke in your home or car.

- ♥ Cigarette smoke exposure increases your baby's risk of contracting colds, ear infections, asthma, and SIDS (crib death).
- ♥ We know that quitting smoking is very difficult, but your new baby is your best incentive to do so.

### **HOME SMOKE ALARMS**

Be sure to have a correctly working smoke alarm in your home.

- ♥ **TEST** the batteries in your smoke alarm **MONTHLY**.
- ♥ Set a date each year to **REPLACE** the batteries in your smoke alarm, on your baby's birthday or at daylight savings time.

### **FALLS**

Be sure to protect your baby from falls. **DO NOT** leave him on high places such as chairs or changing tables. Always keep one hand on your baby. **NEVER** leave your baby alone with a young sibling or pet.

**CPR** Please take a CPR course at your local Red Cross, YMCA, or college.

**POISON CONTROL** Keep the Poison Control phone number posted by your telephone.

**Poison Control 1.800.222.1222**

### **NEXT CHECKUP:      4 MONTHS**

Your baby's next checkup is at 4 months of age. Regular **WELL BABY** checkups are done at 1,2,4,6,9, and 12 months of age. These checkups usually involve immunizations and other preventive health services. Keeping your baby up to date on checkups and immunizations is one of the best things you can do for your baby's health.