

TWO MONTH CHECK

Don't children grow fast!?!?!?

FEEDING:

At this age, your baby should be eating just breast milk or formula. If you think he needs more fluids, you can offer water between meals, but at a maximum of 4 ounces per day. As a guideline, your baby should take as much breast milk as he desires or drink 24-32 ounces of formula per day. Remember, all babies spit up. As long as your baby is alert, active, and gaining weight, spitting up is considered normal. Your baby may be ready for solid foods starting at 4-6 months. Avoid that urge to start baby foods too early...this may lead to gasiness, stomach aches and diarrhea. Additionally, there is evidence that infants started early on solid foods may be at risk for the development of allergies. Despite what you may have heard, solid food before bedtime will NOT help your baby sleep through the night.

DEVELOPMENT:

Your baby will start laughing, cooing and smiling. She may even try to roll over. Babies will pay more attention to their hands, mobiles, and the people around them. Remember, only 50% of babies are sleeping through the night at this age. Many babies will drool and chew on toys, but this is not likely to be due to teething, which usually occurs at 4-9 months of age.

IMMUNIZATIONS:

It will be a big day for shots. Your baby will get the first DTaP shot to protect against diphtheria, tetanus and pertussis (whooping cough). Two vaccines that protect against meningitis are due -- Hemophilus influenzae B (Hib) and the Pneumococcal vaccine. He will also receive IPV to protect against polio. Finally, your baby may need the hepatitis B vaccine. Check out the web link to the American Academy of Pediatrics or the National Immunization Program found on our website for more detailed information about childhood shots.

SAFETY:

1. Car Seats -- ALWAYS secure you baby in an approved car safety restraint seat. If your baby is less than 20 lbs, he should face BACKwards always in the BACK seat. Never leave your baby alone in the car!!
2. Baby walkers -- The second leading cause of injury in infants. The use of a walker has NOT been shown to improve development. We DO NOT recommend the use of mobile walkers. They are too dangerous. Stationary activity centers are safe however.
3. Bathtub -- NEVER leave your baby unattended in the tub. Babies can drown in as little as one inch of water. Use warm water; babies scald easily in hot water.
4. Falls -- Your baby will probably be rolling over well by the time we see you next. Remember they may easily scoot or roll over if left unattended on a bed, couch or changing table. Always have a hand on your baby when on elevated surfaces. Your baby

may begin to enjoy “tummy time” now for brief periods during play...but remember it is safest for her to sleep on her back.

5. Fire protection -- Make sure your house is equipped with both smoke alarms and a fire extinguisher. Have you checked the batteries in your detectors recently?
6. Second hand smoke can be harmful to your baby. There should not be any smoking inside the house or in the car. We can offer information and support to help family members QUIT!!! It's never to late to try. It has now been proven that second-hand smoke can contribute to an increased risk for crib death, ear infections, asthma and allergies.

This information is meant to supplement our discussions in the office during your little one's routine check-ups. Please keep a list of questions that you have in regards to your baby so they can be addressed during the visit. ALWAYS trust your parental instincts and call us if you are worried about your baby.

NEXT VISIT: At 4 months of age.