

TWO MONTH OLD

Safety:

- Always use a *car seat*. Infants should be rear facing until at least 2 years of age. The safest place is the back seat, ideally the center back seat. Never put an infant in the front seat with an air bag.
- Never leave your child in the bathtub or on a high surface unsecured-even for a few seconds.
- Avoid sunburns. Shade is the rule for infants. We typically do not recommend sunscreen for children <6mo, however if you cannot avoid exposure, use a sunscreen for babies only on exposed areas and wash sunscreen off once inside.
- Avoid smoking in the same house as your child.
- Be extremely cautious with hot liquids (coffee, tea, etc.) around your baby.
- Parents and care providers consider augmenting immunity to “whooping cough” by getting Tdap booster.

Development:

- Your infant should track a face briefly and startle to noise.
- Smiling and cooing has begun.
- At three or four months your child should begin to reach out for objects.

Sleep:

- Ideally an infant is having some longer stretches of sleep at night.
- Develop a bedtime routine: (i.e. feed your baby, brush teeth once present, read/rock to him/her, put child down to sleep while drowsy but awake).
- Put your baby to sleep on his/her back on a flat, firm and level surface without extra bedding, pillows, etc. The highest risk of Sudden Infant Death Syndrome is 1-6 months.
- Do not put a child to bed with bottle propped in baby's mouth.
- Avoid swaddling once your baby starts to roll over.

Diet:

- Formula with iron or breast milk is total nutrition. AAP recommends vitamin D3 supplement (400 IU/day) for all solely breastfed infants
- Premature infants (<37 weeks gestation) should receive supplementation of iron for the first year of life.
- Hold on solids until at least four months of age
- Most infants are now feeding about every three hours in the daytime. Baby Bjorns, slings, swings, “bouncy” seats, rocking, singing are techniques to pacify a child who needs comfort but is not really hungry.
- Avoid honey. Infants are at risk for botulism from honey.

Tips:

- Colic-like* pain should be lessening now, much improved by three months.
- Your child will become more social and interactive over the next several months. Hold your child, talk to him, play peek-a-boo, provide simple toys he can interact with.
- Give your infant some “tummy time” daily when alert and awake. Get on the floor with her to make it more enjoyable.

Medications:

- Any fever prior to 3 months of age please call Ballard Pediatrics to discuss with nurse (only exception being evening after 2 month vaccines).
- We generally do not advise ibuprofen, antihistamines and decongestants before six months of age.
- Acetaminophen (Tylenol) is general a safe medication after 2 months of age (dosing below).

Acetaminophen (Tylenol, paracetamol, APAP)

Oral Suspension (160mg per 5mL)

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| 10 to 12 pounds: | 2mL = 0.4 teaspoon (64mg) | each 4-6 hours |
| 12 to 18 pounds: | 2.5mL = ½ teaspoon (80mg) | each 4-6 hours |
| 18 to 24 pounds: | 3.75mL = ¾ teaspoon (120mg) | each 4-6 hrs |
| 24 to 30 pounds: | 5mL = 1 teaspoon (160mg) | each 4-6 hours |

Visit our website for further health information and links to other medical sites: www.ballardpeds.com

Ballard Pediatrics: 206 783 9300

Your next visit should be when the baby is **FOUR months** old. Please allow 2 months advance notice when scheduling.

Updated June 2025