



2-MONTH VISIT

NUTRITION



Breast milk and formula are both nutritionally balanced to meet the dietary needs of your 2-month-old baby. Never sweeten your baby's formula with honey – it is a forbidden food until 1 year of age. No solids should be given at this age. No cereal should be put in the bottle (unless directed by a health care provider). Never prop your baby's bottle on a pillow. Avoiding this behavior can protect your baby from choking, ear infections, and cavities. Breast-feeding moms should take prenatal vitamins daily and drink lots of fluids (especially water and milk). Babies who are completely or partially breastfed should continue to get vitamin D (400 IU daily). Drinks with caffeine should be limited or avoided while breastfeeding.

DEVELOPMENT

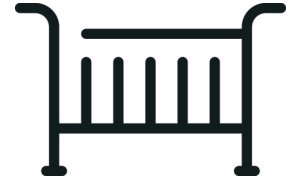
Babies are alert and starting to become more social. They will smile, coo, and respond to their parents. They like to look at distinct objects. Talk to your baby as much as possible. This will stimulate language development even at this young age. Babies should be put on their back when sleeping at night, but remember to put them on their stomachs during the day when they are awake. This will help with large muscle development. **Be sure tummy time is supervised so that baby will not roll away or off furniture.**

SAFE TO SLEEP

Always place your baby on his or her back for sleeping. Stop swaddling once your baby is able to roll over. Some infants will sleep 5 to 6 hours or even more at night now. Catnaps, rather than longer naps, are still the rule. Try to put baby to bed when he/she is awake, and more or less at the same time every night to begin to establish a routine. This will help them learn to fall asleep on their own. You can play soft or classical music at bedtime.

Sudden infant death syndrome (SIDS) is the sudden and unexplained death of an infant under one year of age. **One of the most important things you can do to decrease the chance of SIDS is to put your baby on his or her back to sleep until 1 year of age.** Other recommendations to prevent SIDS include:

- Use a firm sleep surface (safety approved mattress/crib).
- **Bed-sharing is NOT recommended and can be dangerous to your baby.**
- Breastfeeding is associated with reduced risk of SIDS.
- Keep soft objects (pillows, stuffed animals etc.) and loose bedding out of infant's crib/bassinet to prevent suffocation/strangulation.
- Offer pacifier at nap and bedtime (do not force infant to take or reinsert once it falls out of mouth).
- Avoid smoke exposure to baby and caregiver alcohol/illicit drug use.
- Avoid overheating your baby while sleeping. Infant should be dressed appropriately, with no greater than 1 layer more than adult would be comfortable in. A warm sleeper (if needed) is preferable to loose blankets. Do not use a hat on a sleeping baby.



SAFETY

- Infant car seats should be rear-facing in the backseat of the car until the child has reached at least two years of age.
- Babies can move suddenly at this age, and at 3-4 months will start to roll over. Carefully supervise baby on furniture and during "tummy time."
- Watch siblings when they are with the baby and help them feel included.
- Maintain a smoke-free environment for your baby.
- Feel free to get out of the house with your baby, but try to keep your baby away from crowded places where there is an increased risk of exposure to germs.
- Infants younger than 6 months should be kept out of direct sunlight. The best way to protect your baby's skin from the sun is with a light layer of clothing, a hat and shade while outside. If skin is still exposed to the sun, it is OK to apply a sunscreen made for children with an SPF of 30.
- Infants up through 3 months of age should not stay at altitudes above 8000 ft. While infants three months and under may do a pass-over only, it is not recommended that they stay overnight.

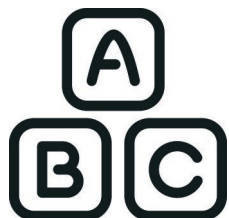
- Watch those high places and make sure drapery/blind cords are out of reach.
- Make sure you have a working smoke detector and a CO2 monitor in your home.
- It's a good idea to take a CPR class.

ILLNESS & MEDICATION

If you have questions about fevers or illness, please call our Nurse Line at 303-699-6200, option 2, before giving any over the counter medication -- including acetaminophen (Tylenol) -- to babies under 3 months old. Do not give ibuprofen to babies less than 6 months.

PARENTING

The first few months after having a baby can be very challenging. Parents often suffer from inadequate sleep and can feel overworked and overwhelmed. If you are having ongoing symptoms of postpartum blues or depression – let us know. It is important to get your normal amount of sleep. Sleep when baby sleeps. Take the phone off the hook and use your “Mother and Baby Sleeping!”



Next Well Care Visit: 4 Months of Age (Please complete ASQ Developmental Screening prior to visit)

You may request the 4-Month Ages & Stages Developmental Questionnaire when scheduling your appointment.

APA Website: www.advancedpediatricassociates.com

APA Patient Care Line: 303-699-6200

sign. Make sure you are eating well, and continue to let family and friends help you. Take some time for yourself and the things you enjoy (exercise and time outdoors are especially important). The stress of parenting requires ongoing, open and caring communication. Take time for yourselves away from the baby and wait until you are both rested to discuss your feelings.

IMMUNIZATIONS

Your child should receive several immunizations today to protect against serious illness. Advanced Pediatrics believes in the importance of immunizations and recommends that children receive immunizations according to the schedule recommended by the American Academy of Pediatrics. If your baby is irritable or has a fever after immunizations today, it is OK to give acetaminophen. Call our office with any temperature greater than 102°.

HELPFUL INFORMATION

Our “New Arrival” booklet and the Newborn/Baby pages of our website provide additional information about caring for your baby.