

# 2 month visit

**Call Us First!**

**(616) 949-4465**

Always hold your baby while feeding.

Do not put cereal in the bottle. There is no relationship between cereal and sleeping through the night.

Your baby develops a secure attachment when you respond to his cries. It is, however, OK to start encouraging self soothing at bedtime.

**Feeding:** The only food or drink your baby needs is breast milk or iron fortified formula. Vitamin D is not transmitted well in breast milk, so if your baby is getting only breast milk, or less than 32 ounces of formula daily, give one dropper (400 IU) of vitamin D drops every day. Vitamin D drops can be found at any pharmacy without a prescription. Almost all babies are born with a lip and tongue ties (frenulums). Most of these do not need any treatment. *Rarely*, a tongue tie may interfere with nursing in young infants. If you have any concerns, talk to your pediatrician first. These ties have not been shown to create any problems in speech or dental development.

### **Creating a Secure Attachment**

Secure attachment starts with taking care of yourself. The more rested and relaxed you are, the easier it is to enjoy your baby. Accept support from your family and friends. Every baby is a unique individual. Watch her facial expressions and body movements for clues. Note the kind of touch your baby enjoys. Pay attention to the kinds of movements, sounds and environments she responds to. Having fun, playing with and holding your baby are all important ways of forming attachment.

### **What to Expect at the Next Visit:**

The next visit will be at 4 months of age. We will review your baby's growth and development and provide guidance about routines including sleep. We will talk about introducing foods and baby cereal and we will administer vaccines to protect your baby against common childhood illnesses.



# 2 month visit

**Call Us First!**

**(616) 949-4465**

Limit time in infant seats, swings and carriers to allow your baby to move as much as possible.



You can start to encourage your baby to fall asleep on his own at bedtime. Put him down when he is drowsy but not asleep.

**ABC's of sleep:**

Baby sleeps...

**A-** Alone

**B-** On his back

**C-** in the crib



A 2 month old is emerging socially, with improved eye contact, vocalizations and more interest in the world. Her favorite interactions will be with her parents and primary care takers.

**Activity:** Increase tummy time to 5-10 minutes several times daily when awake. Do not put your baby down on her tummy when she is tired. Include your baby on family walks, in a stroller or front carrier. Enjoy playing with your baby.

**Sleep:** Babies at this age are still sleeping most of the day, with 2-3 awake periods. Be sure to put your baby to sleep on his back for sleep, even for short naps. He should be alone in the crib with no toys or blankets.

**Preventing SIDS:**

- Keep your baby in a smoke free environment.
- Consider sleeping in the same room as your baby, but do not sleep in the same bed. Your baby is safest in his own crib.
- Breast feed if possible.
- Consider offering a pacifier at nap time and night.

