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Baby Business (A publication of Concord Children's Clinic) – 2 Month Edition

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

Immunization

Your baby will receive Immunizations or 'shots' today, according to the currently recommended schedule.

- You can expect mild soreness and possibly fever (100.5-103 degrees F). Giving your baby Tylenol may relieve these symptoms.
- Tylenol can be given every 4 hours for a 24-hour period. Please check dosage with the provider.
- 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 vitamins he/she needs from the formula. Vitamin D supplement is recommended starting at 2 weeks of age in exclusively breast-fed babies. Your healthcare provider may recommend supplement fluoride around 6 months of age if your baby is exclusively breast-fed.
- Always hold, cuddle and talk to your baby when you feed him/her.
- Do not use a bottle as a pacifier to calm your baby when he/she is upset but not hungry.
- Propping a bottle can lead to choking or over feeding.
- If your baby is nursing or feeding more frequently than every 2 ½ -3 hours, please call our office to discuss adding rice cereal between ages 3-4 months.
- 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 sleeps on his/her **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 maintain a regular schedule of feedings, naps and bedtime.
- Try to put your baby down when he/she is drowsy but awake so that he/she learns to fall asleep on his/her own.
- You may want to limit daytime naps to 2-3 hours as a baby who sleeps all day will not sleep at night.
- At this age many babies still wake up to feed at night. Makes 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/her.

Development

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/her.
- Your baby may coo, smile, or even laugh. He/she may even grab onto objects placed in his/her palm.
- Your baby may like black, white or red objects like mobiles and other baby toys. You can encourage your baby development by singing and talking while you are feeding or playing with him/her.
- 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 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/she should continue to feed well and be active and alert.
- Please call our office **IMMEDIATELY** if your baby has a temperature greater than **100.4** degrees F

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.

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, car seat should be **REAR** facing and placed in the **BACK** seat until your baby is 24 months old.
- Please remember, you **MUST** use your baby's car seat **EVERY** time your baby rides in a car.
- Never leave your baby in the car **ALONE**.

Hot Water Safety

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 the provider for instructions on how to do this.

Cigarette Smoke Exposure

DO NOT let anyone smoke in your house 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 & General Safety

Be sure to protect your baby from falls. **DO NOT** leave him/her on high places such as chairs or changing tables.

Always keep one hand on your baby. **NEVER** leave your baby alone with a younger sibling or pet.

CPR

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

Poison Control

Keep the poison control # posted by your telephone. **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.