Well-Baby Checkup: 2 Months

CHILD'S NAME	DOB	DATE OF VISIT	NEXT VISIT	LENGTH	PERCENTILE	WEIGHT	PERCENTILE

Feeding Your Baby

Continue feeding your baby breastmilk or formula.

Breastfeeding	Every 2–3 hours
Formula Feeding (1½ ounces)	Every 2–4 hours

Talk to your health care provider about how often to feed your baby if he or she is having issues with gaining weight.

BREASTFEEDING

- The American Academy of Pediatrics recommends exclusive breastfeeding for the first six months of a baby's life and also recommends that breastfeeding continues for the first year.
- If you are breastfeeding, talk to your health care provider about a vitamin D supplement.

FORMULA FEEDING

- Fortified infant formula with iron can be given instead of breastmilk. Talk to your health care provider about a vitamin D supplement.

Do not warm breastmilk or formula in a microwave oven. It can burn your baby's mouth.

Immunizations

Getting your baby vaccinated is one of the most important things you can do to protect your baby from serious diseases and to keep him or her healthy. According to the American Academy of Pediatrics (AAP), most childhood vaccines are 90% to 99% effective in preventing disease. Having your baby fully vaccinated may also help lower your baby's risk for Sudden Infant Death Syndrome (SIDS). Talk to your baby's health care provider if you have any questions or concerns.

Pacifiers and Sucking

All babies are born with the need to suck. If your baby wants to suck beyond what breastfeeding or bottle feeding provides, a pacifier may help. The AAP recommends giving your baby a pacifier at nap time or bedtime.

Bathing and Skin Care

3 baths per week during baby's first year may be enough. Bathing more frequently can dry out your baby's skin. Never leave your baby alone when giving a bath. Even an inch of water can be deadly to your baby.

Sleep Time

Babies do not have regular sleep cycles until about 6 months of age. As a reminder, your baby should **always** sleep on his or her back — for naps and at night until he or she is at least 1 year old. To reduce the risk of Sudden Infant Death Syndrome (SIDS), always put your baby to sleep on his or her back. Remember the "ABCs" for infant sleep safety:
Alone on their - Back and in their - Crib

For the first 6 to 12 months of life, have your baby sleep in your room, alone in a separate crib or bassinet near your bed. Bed-sharing is not recommended for any babies. This can help decrease the risk of SIDS by as much as 50%.

No Digital Screens for Babies

It is very important for brain development and healthy parent-child connections that babies under 18 months have **no screen time at all**. Even if your baby isn't looking directly at a digital screen like a cellphone, computer or tablet, the lights and sounds may still cause distress and sleep problems. Bond with your baby by putting the phone away.

Your Baby's Cries – Never Shake

Crying is completely normal behavior. Crying is also how babies communicate. Your baby's cry can mean that he or she is hungry, tired, frustrated or even lonely. Don't be afraid to respond when your baby cries – it won't spoil him or her. When your baby cries and you respond right away, your baby will learn to trust you. Babies who are picked up quickly when they cry during the first 6 months will cry less later.

For example: A hungry cry might be short and low-pitched, while a cry of pain might be a sudden, long, high-pitched shriek.

It can be frustrating when your baby won't stop crying, especially if your baby has been sick. Take advantage of offers from trusted friends and family to help. But remember, no matter how tired or upset you are, even when you have tried everything to stop your baby from crying, **you should never shake your baby**. If you think your baby has been shaken or harmed, call your health care provider right away.

- Visit **purplecrying.info** or call the National Center on Shaken Baby Syndrome (NCSBS) at 801-447-9360 for more information.

Safety Tips & Reminders

CAR SEAT – REAR-FACING

Always place your baby in an approved, rear-facing car seat. You can find out if your car seat is approved from the National Highway Traffic Safety Administration website at **nhtsa.gov/therightseat**.

BARE CRIB IS BEST

A bare crib is best as it creates a safe sleep environment for your baby. Your baby will spend much of his or her time sleeping, so your nursery should be the safest room in the house. Make sure your crib meets safety standards and has not been recalled. You can find out more information by visiting **cpsc.gov/safesleep**.

HOME SAFETY

- Set your home water heater's temperature to no higher than 120 degrees Fahrenheit to avoid burns to your baby. Avoid cooking or drinking hot liquids while holding your baby.
- Do not let people smoke around your baby. Remember, chemicals from smoking remain on clothing.
- Make sure smoke detectors and carbon monoxide detectors in your home are working. Make sure your fire escape plan includes your baby.

Reaching Milestones & Activities

All babies develop at their own rates. Keeping track of your baby's development is important. Your job is to help your baby to learn new things when he or she is ready.

AT 2 MONTHS, YOUR BABY MAY START TO:

- Hold his or her head up and push up when lying on tummy
- Smile at people
- Briefly bring hands to mouth and suck on them trying calm himself/herself
- Act bored if activity doesn't change, crying and being fussy

If your baby was born earlier than expected, reaching his or hers milestones may be "off schedule" a bit. Talk to your baby's health care provider about any concerns or questions you may have.

Help Your Baby Learn and Grow!

As your baby grows and develops, there are many things you can do to help your baby get a good start in life and gain independence.

SKIN-TO-SKIN CONTACT

Have skin-to-skin contact with your baby. Having physical contact can improve your baby's physical, emotional and mental development. Spend time holding, talking and singing to your baby without distractions. Bond with your baby by putting your phone away.

TUMMY TIME

Each day, dedicate 2 to 3 sessions of "tummy time" that are about 3 to 5 minutes long. This will let your baby practice lifting his or her head.

READING

Reading to your baby has many benefits! Reading can have a lasting effect on language, literacy and early reading skills. Choose books with simple pictures and bright colors. You can point to and name objects in the pictures. Even though your baby cannot understand the words, he or she loves the sound of your voice. Reading and showing your baby pictures can help develop his or her eye muscles. The more words your baby hears over time, the more words he or she will eventually learn.

When to Call Your Baby's Health Care Provider

Your baby's health care provider is always available if you have questions or concerns. Call your Avera clinic if your baby:

- Has a temperature of 100.4 degrees Fahrenheit or higher
- Cries a lot more than normal or can't be comforted
- Has trouble breathing
- Is limp or sluggish
- Hasn't had a wet diaper for more than 8 to 10 hours
- Is not taking breastmilk/formula

Avera's mission is to make a positive impact in the lives and health of persons and communities by providing quality services guided by Christian values. If you think you may have problems paying part of your bill, contact your local business office or billing staff. We can discuss payment options that may be available to you.

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