

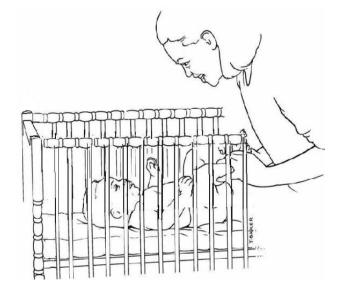
# Helping Hand<sup>™</sup>

# Well Baby Visits: Two Months

Welcome to the 2-month visit! Your baby has grown so much in the first 2 months of life. He or she is starting to interact more with the world around him and develop his personality. The big event at this visit is your baby's first round of vaccines. There has been a lot of discussion in the news about vaccines, which may bring up questions about their safety. We believe vaccines are not only safe, but they save millions of lives each year. We understand you may have questions about your baby's vaccines – please ask your doctor.

## **Growth and Development**

- Your baby's doctor will go over the baby's growth chart at each visit. Each point by itself is not as important as the trend over the past 2 months.
- At 2 months old, your baby is smiling, can comfort himself and is beginning to coo and make more sounds.
- Your baby's head control keeps improving and while on his belly he can raise his head and chest.
- You may place your baby on his belly for "tummy time" while he is awake and someone is watching him.



Picture 1 Infant in crib.

### **Nutrition**

- As babies get older, their stomachs get bigger. This lets them take a larger feeding at one time and feed less often. However, if your baby begins to have problems with spitting up, this may be because he is taking in too much at one time. Try giving smaller amounts more often.
- At this age, your baby needs only formula or breast milk. DO NOT give your baby water or juice. Do not add cereal to the bottle.
- Breast-fed infants need liquid vitamins made just for babies. These vitamins can be bought over-the-counter or your doctor may be able to write a prescription. Continued on Page 2

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## Nutrition, continued

• Whenever your baby wakes up in the middle of the evening, let him cry and become fully awake for a little while before giving a bottle. This will help your baby eat more and be able to sleep through the night at a younger age.

## Safety

- Infants should remain in a properly fitting rear-facing car seat in the back seat until they are at least 2 years old or until they reach the weight or height limit of their rear-facing seat.
- NEVER leave your baby alone in the bathtub, on a changing table, bed or sofa.
- Babies put EVERYTHING into their mouths. Keep small objects away from them at all times.
- Always place your baby on his back to sleep.

## **Other Issues**

- Ask your doctor or read vaccine information sheets if you have any questions about your baby's vaccinations. Babies will receive a similar set of vaccinations at the 4- and 6-month visits.
- If your child is in daycare be aware most infants in daycare get FREQUENT colds.
  Viruses spread easily between children in daycare. Most babies get about 6 to 8 illnesses in their first year of life. You may need to keep your child home from day care if he or she is sick. Most colds last a few days. If your child is not getting better in a few days, is sluggish or not eating well, please come in to the office for your doctor to take a look at him or her.

# About this Helping Hand

At each visit, your doctor will talk with you about your baby's development, growth, and safety so that your baby grows up healthy. These handouts will help to remind you about the things your doctor will talk with you about at each visit. If you have any questions or concerns about your baby, please ask. We are here to help!

Other Helping Hands that may be useful:

- Bottle Feeding: Formula Preparation, HH-IV-7
- Breast-feeding Your Baby, HH-IV-69
- Temperature: Oral, Rectal and Axillary, HH-II-27
- SIDS Reduction (Safe Sleep Practices for Infants), HH-IV-69
- Child Passenger Safety, HH-IV-14
- Calming a Fussy Baby, HH-I-103
- Home Safety for Infants and Toddlers, HH-IV-73