

Well Baby Visits
2 Month Visit

Weight _____ Length _____

DEVELOPMENT:

At this age, babies are increasingly active while awake, and are becoming more sociable and responsive to the people and things in their environment. By now, many babies have a social smile and are cooing, and may be starting to laugh. Your baby can recognize your face and your voice, and may be starting to anticipate that your approach means that food or comforting is on the way. Babies like to be talked to at this age, and hearing your voice is already important for language development. Your baby is also probably getting better at communicating to you, and is beginning to show emotions like excitement, delight, and unhappiness in addition to hunger and sleepiness. Babies at this age are very visually alert and like to see what's going on and may enjoy being propped in an infant seat. Large bright objects are interesting, and mobiles are popular at this age. Babies generally prefer to look at people, and you may notice that your baby follows your movements around the room. When pulled to a sitting position, the head still lags, and requires support. Infant chest carriers are popular at this age as they allow you a free hand while holding the baby, though you may still need to provide some support for the head. Your baby is probably starting to bat out at things suspended within view. At two months, most babies can lift their heads while lying prone, and may be doing "pushups". Some have started to roll from front to back.

FEEDING:

Breast milk or iron-containing formula is still all your baby needs. Solids are not necessary for another 2 to 4 months. Many babies are now content with 4 to 5 feedings a day. Don't prop bottles when feeding--your baby thrives on close contact with you. Many babies are sleeping 6 to 8 hours between night feedings. Those who aren't will probably start to when they reach 12 or 13 pounds. You can help things along by not jumping up the second the baby starts to whimper--wait 5 or 10 minutes to see if he or she will settle back to sleep. A pacifier or rubbing the baby's back for a few minutes may help with this. When a baby first starts to drop night feedings, daytime feedings may be more frequent for a time to make up for the long stretch at night. There is often a growth spurt at about 3 months, and your baby may seem extra hungry for a few days.

COLIC:

Many babies have times when they seem excessively fussy. This fussiness often reaches its peak at about 8 weeks of age. Things that may help include holding the baby over your shoulder, rocking or walking, or talking or singing in a soothing monotonous tone. You might try a pacifier, a swing or baby bouncinette, or a warm water bottle placed under his or her stomach. Sometimes the baby will cry no matter what you do, and may seem to get more agitated the more things you try. All you can do then is to put the baby in a quiet place and let him or her fuss and "burn up" this extra energy for 15 or 20 minutes or so. After this, your baby may be easier to comfort. If your baby seems excessively "colicky", let's discuss it.

SAFETY:

Your baby may roll or squirm off anything at this age, and no strap can be trusted to hold him or her safely. Infant seats may tip over--don't set them on tables or counters. Car seats should now be a routine part of car travel, for every trip. The car seat should face backward in a seat which does not have an airbag. Babies this age generally can't get into much trouble on their own, but older siblings may not have the judgment to recognize an unsafe activity and need some extra supervision. It's not too early to start talking with them about keeping their little toys away from the baby. This is also a good time to turn your water heater down to 120; and to check the batteries on your smoke detector.

IMMUNIZATIONS:

First DPT (acellular), meningitis (HiB), and oral polio vaccines are given today. The second Hepatitis B vaccine is also given. These vaccines don't commonly cause severe reactions. Mild local swelling or tenderness can be treated with a cool washcloth. Acetaminophen infant drops (Tylenol, Tempra, Liquiprin, etc.) can be given for fever, fussiness, or discomfort. Call the office for a fever over 103; or a prolonged episode of screaming (for several hours).

The dosage of acetaminophen for your baby at this age is _____ ml (_____ mg) every 4 hours.