

2 MONTH VISIT

NAME _____ AGE _____ DATE _____

WEIGHT _____ PERCENTILE _____ HEIGHT _____ PERCENTILE _____

PHYSICIAN or NURSE PRACTITIONER: _____

What is normal development at 2 months? By this time most babies should:

- *be cooing.
- *be attentive to your voice and recognize you.
- *smile responsively when you play together.
- *begin to lift their head, neck, and upper chest off the floor with support on their forearm.

Looking ahead to the 4 month visit, most babies should:

- *smile and laugh.
- *raise their body up, bracing with their hands.
- *roll from front to back.
- *have good head control when sitting up.
- *reach for objects.
- *grasp a rattle or tightly hold on to your finger.
- *bring their hands from their side to midline.

Anticipatory Guidance

Diet/Feeding:

- *No cow's milk, no solid foods, and no cereal in your baby's bottle.
- *Multivitamin only if breast fed – discuss this with you doctor.
- *Discuss with your doctor any problems you baby is having with breast or bottle feeding.
- *"Spitting up" is common, and not a problem if your baby is steadily gaining weight.
- *Many babies are feeding only 4 to 5 times a day. Others require more feedings. This is normal.
- *Do not use a microwave oven to heat formula.

Elimination:

- *Your baby will have his own frequency of bowel movements.
- *Most babies strain, grunt and fuss when they have bowel movements. This does not mean that they are constipated. Constipation is hard poop, not necessarily the number of bowel movements in a day.

Sleep:

- *Begin to establish a bedtime routine and other habits that discourage night awakening.
- *Sleep patterns vary, but many babies still have a "fussy" period in the late afternoon or early evening.
- *Most babies sleep through the night by 3 months old. Many babies need encouragement to achieve this. Put the baby to bed when they are drowsy but awake. Avoid rocking your baby or holding him until he falls asleep. Your baby needs to learn to fall asleep on his own. Try to ignore him if he is just squirming or whimpering. The effort you devote now will pay rich dividends in the future.

Dental:

- *Do not put your baby to bed with a bottle or prop it in his mouth.
- *Many babies begin to drool at this age. This is normal, and does not necessarily indicate early teething. Most likely your baby just hasn't learned yet how to swallow all the saliva he makes.

Parenting:

- *Every interaction with your baby stimulates brain development. Hold, cuddle, rock, sing and read to your baby as often as you can. Talk to your baby often to stimulate language skills.
- *Stimulate your baby with age appropriate toys.

- *Temperature Taking - Proper use of a digital rectal thermometer is important.
- *Parents need adequate rest and exercise. Take naps if needed and outdoor walks regularly.
- *Learn about play groups and parent support groups.
- *Postpartum Depression - watch for symptoms/see your doctor if this becomes a problem.

Safety:

- *Continue to use an infant car seat that is properly secured at all times.
- *As your baby starts rolling over, he can easily fall off of elevated objects such as beds and tables.
Never leave baby alone on high places/always have barriers in place so your baby does not fall.
- *Always keep one hand on your baby.
- *Hot bath water frequently causes burns; avoid burns by keeping your water heater set below 120 degrees and check the water temperature with your wrist to make sure it is not hot. Never leave a baby in the tub alone or with a young sibling or pet.
- *No direct sunlight - babies have sensitive skin and can quickly get very painful sunburns.
- *Keep small and sharp objects out of reach.
- *Children should not be left alone in the house or a car, even for a minute.
- *No smoking near the baby; not even in the same house.
- *Never vigorously shake or jiggle your baby's head.
- *Do not place strings or necklaces around a baby's neck or use a string to attach a pacifier.
- *Never hold your baby while drinking a hot liquid.
- *If your home has gas appliances, install and maintain carbon monoxide detectors.

Head Positioning:

Placing your baby on his back while sleeping decreases the risk of SIDS (Sudden Infant Death Syndrome). However, this tends to cause babies to have heads that are flat on the back. To help prevent this flattening of the head:

- *turn your baby's head to different sides when she naps or sleeps at night.
- *alternate the end of the crib in which you place your baby to sleep.
- *hold your baby as much as you want during the day so that the head is not on a flat surface for extended periods.
- *provide supervised "tummy time" daily while your baby is awake. Initially, babies often cry and resist this position. Start with just a minute or two of tummy time and gradually increase it as your baby learns to tolerate it. Tummy time will also help improve your child's muscle strength and development.

When to Call the Doctor:

- *Fever
- *Not gaining weight
- *Excessive vomiting, especially if it is forceful and goes across the room
- *Your baby seems very stiff or very floppy
- *Uninterested in eating
- *Irritability or lethargy
- *Unusual Skin rashes

Next well baby visit:

- *When your baby is **4 months** old



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