

Mendon Pediatrics

2 Month Visit

Next Visit: 4 Months

Nutrition

- Breastfed infants should be fed on demand, usually about every 3-4 hours during the day and at longer intervals at night. Try to keep nighttime feedings "brief and boring." Your child may have brief periods of high demand feedings (cluster feedings) which usually indicate a growth spurt.
- Give your breastfed infant 400 I.U.'s of vitamin D daily (found in store as Polyvisol or Trivisol 1ml dropper).
- Bottle-fed infants usually take about 4 to 5 ounces per feeding during the second month, increasing to 5 to 6 ounces by four months. Most infants average 24-36 ounces per day and feed every 3 to 4 hours during the day, less often at night. Try to keep nighttime feedings "brief and boring." Hold baby in semi-sitting position to feed.
- Do not heat formula in the microwave. It can be very dangerous because it causes uneven heating and can burn your baby's mouth.
- Some parents are convinced that a bedtime feeding of cereal will help their baby sleep better. Actually, when a large group of babies fed cereal at night was compared to another large group of babies fed no cereal, there was no difference in the ages at which they first slept through the night.
- Delay the introduction of solid foods until your infant is four to six months of age. At that time, he/she should be able to sit in a highchair and take cereal from a spoon. Please do not place cereal in a bottle, it does not help to develop your infant's oral motor skills.
- Do not give your infant honey until after his/her first birthday to prevent infant botulism.
- We do not recommend juice until 9 months old when he/she can drink out of a sippy cup.
- It is not necessary to give your infant water. He/she receives enough liquid in breast milk or formula.

Oral Health

- To avoid developing a habit that will harm your infant's teeth, do not put him/her to bed with a bottle or prop it in his/her mouth.

Fever/Illness

- Fever in and of itself it not a problem. The symptoms associated with fever are much more appropriate to be concerned about.
- Ear thermometers are not accurate at this age.
- If your child has a fever of less than **101** degrees and he/she is otherwise behaving normally, it is okay to observe your child for two to three days. If the fever is making your child uncomfortable, you may give Tylenol.
- If the fever is greater than 101 degrees, persists more than 24 hours or your child is extremely irritable, difficult to arouse, feeding poorly, has difficulty breathing or rash, call the office.
- Infant noses are often stuffy or congested. To make him/her more comfortable, elevate the head of his/her bed and use a bulb syringe and saline nose drops. A cool mist vaporizer/humidifier may be beneficial.

Sleep

- Try to place your infant in bed while drowsy but awake. You will be helping your child learn how to get him/her self to go to sleep on his/her own.
- Continue to put your baby to sleep on his/her back or side without stuffed animals or loose blankets.

Healthy Habits

- Give your baby some tummy time when awake each day. Start with a couple of minutes three times a day and work up to 15 minutes three times a day. This will help build muscle strength. He/she will soon roll over, reach for and grab toys, squeal and talk to you.
- Talk to him/her as you go about your day.
- Walkers are dangerous and we advise against purchasing one.
- Always place your child in properly secured carseat facing backwards.
- Never leave the baby alone with a sibling or pet.
- Do not leave him/her alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs.
- Continue to keep the baby's environment free of smoke. Keep the home and car nonsmoking zones.
- Install smoke detectors, fire extinguishers and carbon monoxide testers if not already in place and make sure they work properly.
- Do not drink hot liquids or smoke while holding the baby.
- Keep toys with small parts or other small sharp objects out of reach.

Developmental Milestones: Over the next couple of months your child will start to:

- Raise head 45 degrees when lying on stomach, then begin to raise chest supported by arms.
- Hold head steady when upright.
- Bring both hands together.
- Reach for objects.
- Grasp hand toys.
- Follow moving objects with eyes.
- Recognize familiar objects and people at a distance.
- Smile at the sound of your voice.
- Begin to vocalize in ways other than crying (cooing).

Appropriate toys and activities

- Images or books with high-contrast patterns. Bright, varied mobile.
- Unbreakable mirror attached to inside of crib and rattles.
- Sing to your baby and play varied music from music boxes or cds.

Suggested Reading

Infants and Mothers, T. Berry Brazelton

Touch Points, T. Berry Brazelton

Caring for Your Baby and Young Child: Birth to Age 5, American Academy of Pediatrics

Guide to Your Child's Symptoms, American Academy of Pediatrics

What to Expect the First Year, Heidi Murkoff

Your child's development is impacted to a much greater degree by your time and attention rather than by expensive toys.