

2 Months

Glacier Medical Associates

1111 Baker Ave Whitefish, MT 59937 862-2515

TEACHING YOUR BABY

Your baby learns from everything he feels, hears, sees and all that happens around him. What you do in one hour while he is a baby has more power to shape him than what you can do in months when he is grown. Here are some tips for making learning fun for you both:

- Hold, touch, rock and massage your baby
- Talk to your baby and use her name
- Play music and sing to her, repeat her sounds
- Read to him – it is never too early to introduce books
- Tell your baby what is going on and what you are doing. She will start to connect events with words.

DEVELOPMENT AND NORMAL ACTIVITY

While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. Contact your doctor if you have concerns about your child's development.

Your baby's movements should become increasingly smooth. When a baby is held up at this age his head no longer drops forward, but it may jerk or bob around. His head still needs to be supported. Your baby may now be able to turn from his side to his back. When lying on their stomach, 2 month olds may be able to lift up their head and chest momentarily. They still have a reflex grasp for small objects which are placed in their hands and they will probably grasp with more control.

Your baby's smile is social and responsive to you. Babies at this age 'coo' and babble particularly when talked to in addition to communicating by crying. They continue to prefer people and faces rather than objects, and for this reason you should talk to and play with your baby as much as possible.

Your baby cannot conceive of an object existing if it cannot be sensed. Your baby can focus better, but still no more than 12 inches. She will follow objects by moving her head from side to side, and prefers brightly colored objects.

Your baby knows the difference between male and female voices. He also knows the difference between angry and friendly voices.

FEEDING

Your baby still needs only breast milk or infant formula to grow healthy and strong. It is not time to start cereal or baby foods yet. Cereal can be started at 4 to 6 months of age. Breast-fed babies eat for 20 to 40 minutes on each breast per feeding. At this age most bottle-fed babies take about 4 ounces of formula every 3 to 4 hours.

Always hold your baby during feeding time so your baby learns that you are there to meet his needs. This is an important and special time. Never put your baby to bed with a bottle.

CRYING

Crying gradually becomes less frequent, and when held or talked to your baby should quiet down. By now you should have an idea of your baby's temperament and know how to console your baby when she cries. All babies cry, it is one of their main tools of communication. Most babies cry between 3 to 4 hours on average a day.

Never shake or hit your baby. This can cause permanent brain damage. If you think you might hurt your baby, put her down in her crib and call a relative or friend.

SLEEP

Many babies wake up every 3 to 4 hours, while others sleep through the night. Feeding your baby a lot just before bedtime doesn't have much to do with how long your baby will sleep. Place your baby in bed on his back when he's drowsy but still awake. Doing so will help your baby learn how to fall asleep and not associate falling asleep with food or being held. **Start to develop a bedtime routine.**

CHOOSING CHILDCARE

Whether you are going to work or school, or just going to the store, there will be times when you need someone to watch your baby. Plan ahead. Have a caregiver or child care center lined up before you need it. Choose a caregiver that you can trust and that can give your baby the loving attention he needs. Make sure you give clear instructions on how to care for your baby, and how to reach you in an emergency.

SAFETY TIPS

Toys meant for older children should be kept away from younger children. These toys may have small parts, batteries or electric parts that may hurt young children. The parts on toys for children younger than three should not be smaller than 1 ¼ inches across or 2 ¼ inches long. Any part smaller than this could cause your child to choke.

- Never leave your child alone, except in a crib on his back.
- Use a crib with slats not more than 2 3/8 inches apart. Keep the crib sides up. Use a mattress that fits the crib snugly.
- Keep plastic bags, balloons, and baby powder out of reach.
- Never eat, drink, or carry anything hot near the baby or while you are holding the baby.
- Turn your water heater down to 120° F
- Install smoke and carbon monoxide detectors.
- Keep a fire extinguisher in or near the kitchen.
- Quit smoking. If you smoke, don't smoke inside the house or near the baby.
- Never leave a child alone in a car.
- Use an approved infant car safety seat and follow the instructions for proper use. Always place your baby in the back seat, facing the rear.
- Parents should always wear seat belts.
- Never step away when the baby is on a high place, even on a changing table.
- Know the signs of illness:
 - Fever – a rectal temperature greater than 100.4° F is considered an emergency at this age. Call your doctor immediately.
 - Difficulty with breathing.
 - Sleeping more than normal, or acting lethargic.
 - Difficulty feeding.
 - Vomiting, diarrhea.
 - Signs of dehydration – less than 3 wet diapers per day, lack of tears or saliva (spit)

IMMUNIZATIONS AND NEXT DOCTOR'S VISIT

- **DTaP 1st dose** Diphtheria, tetanus and acellular pertussis
- **Hib 1st dose** Haemophilus influenza type B
- **IPV 1st dose** Inactivated poliovirus
- **PCV 1st dose** Pneumococcal pneumonia
- **Hep B 2nd dose** Hepatitis B

Your baby may run a fever and be irritable for about 1 day after getting shots. Your baby may also have some soreness, redness, and swelling where the shots were given. Acetaminophen (Tylenol) may help to prevent the fever and irritability. Be certain to use **infant** strength drops (80 mg/0.8 mL). The appropriate dose for your baby is: Acetaminophen: 40 mg (1/2 dropper or 0.4 mL) of infant drops every 4 to 6 hours.

For swelling or soreness put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort.

Your baby's next routine visit should be at the age of 4 months. At this time your child will get the next set of immunizations which are similar to those he received today. Please bring the shot record each time your baby visits the doctor.

CALL YOUR CHILD'S PHYSICIAN IF:

Your child has a rash or any reaction to the immunizations other than fever and mild irritability. You are concerned about the fever.

You can reach a doctor 24 hours a day by calling 862-2515

WHAT TO EXPECT

During the next few months your baby will continue to become more and more social with babbles, coos, smiles and laughs. Your baby may roll over from her stomach to her back. She will continue to gain better control of her head. Your baby may reach for and bat at dangling objects. He will discover his hands and fingers. Remember that almost anything a baby gets in her hand will eventually end up in the mouth. You should show your baby toys that have bright colors, different textures, or make noise. You should watch for your infant to roll and squirm off things, especially changing tables. Your baby will continue to be more and more interested in the world around him and you should encourage him to explore with his eyes and hands.

SELF AND FAMILY CARE

Parenting is stressful. To take good care of your baby, you must first take good care of yourself. Here are some tips for helping you through the rough times:

- Take time for yourself and your partner, without your baby,
- Ask for help.
- Hire a babysitter.
- Encourage your partner to care for your baby.

- Keep in contact with friends and family.
- Encourage older brothers and sisters to spend time with the baby. Teach older siblings how to safely show affection to your baby.
- Rest as much as you can – decide what really matters and let the rest go for now. Focus on your family and yourself.
- Join a parents' group or take parenting classes.