



TWO MONTHS OLD

WELL CHILD CHECK

FEEDING YOUR BABY

- BREASTFEED 8-12 TIMES PER DAY OR GIVE IRON FORTIFIED FORMULA 6-8 TIMES PER DAY.
 - IF USING FORMULA, GIVE 2-4 OZ PER FEED.
- GIVE VITAMIN D TO BREASTFED BABIES.
 - 400 IU PER DAY FOR BABY OR
 - 6400 IU PER DAY FOR MOM
- NO SOLID FOOD UNTIL 4-6 MONTHS
- NO WATER UNTIL EATING SOLID FOODS
- NO COW'S MILK OR HONEY UNTIL 1 YEAR OLD.

BABY'S DEVELOPMENT

- SMILES WHEN YOU SMILE AT HER
- COOS
- CRIES TO EXPRESS HIMSELF
 - CRYING MAY INCREASE AT NIGHT AND BE DIFFICULT TO SOOTHE.
 - IF YOU ARE FRUSTRATED, PLACE BABY IN HER CRIB ON HER BACK AND TAKE A BREAK.
- WILL NOT SLEEP THROUGH THE NIGHT YET. LEARN BABY'S CUES FOR SLEEPINESS AND CREATE A BEDTIME/NAPTIME ROUTINE.

BEHAVIOR

- OUR BEHAVIORAL HEALTH COUNSELORS ARE AVAILABLE TO DISCUSS PARENTING TECHNIQUES, BEHAVIORS, AND MORE!

BABY'S ACTIVITIES

- CUDDLE, SING, PLAY, AND READ TO BABY
- SPEND ALONE TIME WITH OTHER SIBLINGS.
- TUMMY TIME WHEN AWAKE AND SUPERVISED

KEEP YOUR BABY SAFE

- USE A REAR-FACING CAR SEAT IN THE MIDDLE OF THE BACK SEAT UNTIL YOUR BABY'S WEIGHT AND HEIGHT ARE GREATER THAN YOUR CAR SEAT'S LIMITS.
- KEEP A HAND ON BABY WHEN ON A HIGH SURFACE.
- PUT YOUR BABY ON HIS BACK TO SLEEP IN HIS OWN CRIB TO PREVENT SUDDEN INFANT DEATH SYNDROME.
 - KEEP THE CRIB IN THE CAREGIVER'S ROOM UNTIL AGE 6-12 MONTHS.
 - NO COMFORTERS, PILLOWS OR STUFFED ANIMALS IN THE CRIB
- MAKE SURE YOU HAVE WORKING SMOKE ALARMS AND A FIRE SAFETY PLAN.
- NEVER LEAVE BABY IN WATER ALONE.
 - DROWNING CAN HAPPEN IN ANY AMOUNT OF WATER AT ANY TIME OF YEAR.
- NO SMOKING AROUND BABY – CONSIDER QUITTING AND LET US KNOW IF YOU NEED HELP.
- NEVER SHAKE YOUR BABY.
- PROTECT YOUR BABY FROM THE SUN BY KEEPING HER OUT OF DIRECT SUNLIGHT, USING PROTECTIVE CLOTHING.
 - USE SUNSCREEN ON SMALL AREAS IF OTHER PROTECTION IS NOT AVAILABLE.
- LET FRIENDS AND FAMILY HELP YOU!

NEXT VISIT: AGE 4 MONTHS

FOR MORE INFORMATION, PLEASE VISIT

WWW.HEALTHYCHILDREN.ORG