

# INFANT CARE: 2 months

Drs. Padgett, Bell, Thomas

PEDIATRIC ASSOCIATES

2300 Ferry St, Lafayette

## Development

Your baby is becoming more social now! He can coo and gurgle and smile at you. He can see several feet now. She will focus both eyes on your face or an object and follow it. He will occasionally cross his eyes. This is only a concern if it persists past 6 months of age or if his eyes are always crossed. She will enjoy being held or propped up to see what's going on around her.

He will hold his head a little more steady and will raise it up at a 45-degree angle when placed on his stomach.

Some babies have found their thumb and use it to comfort themselves. This is not harmful to the permanent teeth up to the age of six years. Most will stop before then.

## Feeding

Your baby still receives his nutrition from breast milk or formula - about 6 feedings daily. The breast-fed baby may occasionally increase the number of daily feedings to increase his mother's milk supply but this will settle back to normal after several days (This is a normal signal to the mother's pituitary gland that the baby needs more milk for each feeding. It is not a signal that the baby needs solid food.) Feeding is a special time of closeness and infants should be held and talked to during this time. Please do not prop the bottle as this could lead to choking and robs your baby of this special time with you. We recommend beginning solids at 4 months of age. Water or jello water should not be added to the baby's diet.

**Spitting up** is still common and may get worse as the infant's activity increases. As long as she is gaining weight well and is happy, do not worry about it.

Your baby will gain weight at 1 1/2 to 2 lbs per month now.

Stools may become less frequent.

## Immunizations

Now your baby will receive his DaPT (against diphtheria, whooping cough, tetanus infections), Polio, Hepatitis B, Hemophilus influenzae Type B, Pneumococcal and (oral) Rotavirus vaccines.

You will receive information describing these vaccines and a parent or designated caretaker must sign consent for these immunizations. Following the vaccinations most infants will have fever, irritability and localized redness or tenderness for a couple of days. Half of them will sleep much more than usual. This is a normal reaction to the vaccinations. The fever tells you that your infant is appropriately responding to the shots. Lowering the fever results in lower antibody production and less protection from the shots. Please do not give acetaminophen for fever <102 for the 2 days after vaccines!

**Call us** if your baby is irritable for more than 2 days, if the fever stays longer than 2 days or is higher than 104 degrees rectally, if he has excessive swelling where the shot was given, if he screams for several hours nonstop, or if he develops other severe reactions described in the immunization handout.

## Safety

Your baby will still ride rear facing in her properly secured car seat.

The only safe place to leave your baby is in the crib with the rails up, on the floor, or in a playpen. He can scoot or roll off the sofa or a bed. She will soon roll over by herself.

A mobile can be a strangulation hazard if your infant can pull it down, so keep it out of his reach, lowering the crib if necessary. Do not use bumper pads or a blanket in the crib. Co-sleeping is not recommended as a baby can be suffocated in your bed.

Never leave your baby alone in the tub.

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## Play

Your baby will still get her most pleasure from doing things with you. Talk and sing to her. Let him kick and play. Put her on her stomach and let her lift her head to look at you (talk to her while she exercises this way so she will be inspired to continue). Let him listen to music. Put a bright colored mobile or mirror next to the crib. When she is awake, keep her in the room with you, where things are going on. He will enjoy being held and rocked.

He may enjoy bath time now and splash and coo when he's in the water.

**Tummy time** is important as it helps your baby's head shape, and gives them a different way to exercise. Some experts recommend tummy time during all wake time!

## Sleep

Babies may begin to form sleep habits now. You can help your baby to develop good sleep habits by developing routines. If the daily pattern of life - waking, eating, naps and play-time is roughly the same, he will feel comfortable and secure and will have fewer sleep problems. Lying your infant down to fall asleep on her own will help her to learn to feel comfortable in her crib and to settle herself to sleep. He will still need to lie on his back to sleep. Keep the crib free of blankets and toys that could smother or strangle her.

## Crying

Babies can be colicky (cry excessively for no apparent cause) until four months of age. Until this resolves, you may need to continue car rides, walking the floor, rocking and soothing noise. Try to phase out these activities by four months so you do not encourage poor sleep habits.

## Fever

Remember that fever is generated by the body to help to fight the infection. This can be helpful for the baby's immune system.

**We recommend that you call if your infant has a temperature >102 .**

We recommend that you call us if your baby has other symptoms that worry you.

We would definitely want you to call if he has a stiff neck, is grunting or breathing very fast, is listless and not cooing or smiling, is vomiting forcefully or vomitus looks green or bloody, or if he has bloody diarrhea.

You can give acetaminophen (Tylenol, Tempra, Panadol, etc.) for fever. We recommend that you allow your baby to have a little fever as the fever helps the infant's immune system to fight the infection. Sometimes acetaminophen is helpful to decrease the discomfort that interferes with feeding or sleeping.

Dose of acetaminophen 160mg/5ml:

\_\_\_\_\_ every 4 hours