

Your Baby Is Now Two Months Old

What should your baby be eating?

- Breast Fed Babies:** Breast milk is still a complete diet for your baby. If your baby is breastfed, he or she will nurse every 2 to 4 hours through-out the day and night. Your baby's stool pattern may change from several stools a day to less than once per day.
- Formula Fed Babies:** Formula feedings are usually every 3 to 4 hours. Your baby may go longer between feedings at night. Your baby is taking about 4 to 6 ounces of formula with iron at a feeding. Hold your baby, do not prop the bottle for feedings.
- Solid Foods:** We do not suggest starting solid food at this age. Breast milk or formula gives your baby all they need for healthy growth. Solid foods are started when your baby is 4 to 6 months old.

What will your baby be doing?

- Turns to look at sounds and movements.
- Smiles by 6 to 8 weeks.
- Tummy time only when awake.
- Begins to roll over from to side.
- Loves to be talked to and cuddled.
- Grasps rattle when placed in hand.
- Coos and makes sounds.

What are some issues or concerns you may have?

- Illness:**
- Your baby may get his or her first cold about this time. A nasal syringe can be used to clear the baby's nose. Do not use any medicines until you check with the doctor or nurse.
- Sleep:**
- Babies should sleep on their backs to decrease the risk of Sudden Infant Death Syndrome (SIDS).
- Safety:**
- Keep baby out of direct sun and use a hat and light cotton clothes.
 - Sunscreen should not be used until your baby is 6 months.
 - Keep small things such as buttons, coins, or car keys out of reach.
 - Never leave the baby alone in a tub of water or high places such as a bed, couch, or table top.
 - Use rear facing car seat, even in taxi and bus.
 - Hot water should be no more than 120°F. Your landlord must take care of this.
 - Never ever shake your baby. This can lead to serious injury or death.
 - Do not smoke in the house, car, or around your baby.
 - Smoke alarms are a must.
 - Never use a microwave to heat or warm bottles.
 - Keep pets away from infant.
 - Do not drink hot liquids or smoke while holding baby.

Comfort measures after shots:

You may give the baby a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your baby's dose is _____.

Call the office or answering service at 315-464-4357

If your baby:

- Gets a temperature of 101° F or higher.
- Refuses to drink.
- Cries and cannot be comforted.
- Acts very sleepy.
- Gets a rash or hives or large swelling at shot site.

If you need to:

- Schedule or cancel an appointment.
- Talk to a nurse from 8:00 A.M. to 5:00 P.M.
- After clinic hours to talk to a doctor.

Date: _____ Height: _____ Weight: _____

Speak up if you have any questions or concerns.



Healthy Kids



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