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★ 2 MONTH

DEVELOPMENT

Smiling, cooing, and lifting the head high are due soon. Your baby will learn to recognize faces and voices. Your baby will become able to swat, grab, and hold a rattle. Check toys for small or loose parts or ribbons and remove them. At two months, your child will turn their head toward certain sounds and enjoy watching brightly colored objects and lights. Talk and sing to your baby to promote bonding, cuddle and hold the child as the infant develops a sense of security. Continue to offer “tummy time” while awake.

FEEDING

Continue feeding breast milk or formula. Babies enjoy sucking on their hands or a pacifier. No solid yet! Wait until he/she is at least 4 months old.

SLEEPING AND NAP TIME

Your baby will be more alert and have more awake daytime hours. Keep night time feedings quiet and dark to encourage your baby to return to sleep. Remember to always place your infant on his/her **BACK** to sleep! This is the only safe way for your baby to sleep.

ELIMINATION

You may notice your child having less frequent bowel movements, and this is normal. Your child should have at least one bowel movement every 2-3 days, and it should remain soft/seedy and never dry or hard. Avoid the use of suppositories unless directed by your provider. Formula fed infants will have brown or green, paste-like stools, where breast fed infants have more liquid/seedy stools that can be yellow, orange, or brown/green.

SKIN CARE AND BATHING

Bathe your child with a mild soap, such as Aveeno or Dove. Try to avoid products with heavy perfumes or dyes. Use a diaper ointment such as Desitin or Aquaphor to protect baby’s delicate skin.

IMMUNIZATIONS

Today’s immunizations are DTap (diphtheria, tetanus, pertussis), Rotovirus, HiB, Pneumococcal, and Polio. As with any vaccine, low grade fever (below 101°), irritability, and pain at the injection site are common side effects. You can give your child acetaminophen (Tylenol) for pain and fever, and use cold compresses for comfort. Call our office if your child has a fever over 101° rectally, becomes very pale or limp, or cries inconsolably for longer than 3 hours.

SAFETY POINTS

Squirming and rolling make falls more of a concern now. Keep a hand on your baby during changing.

DO NOT put a baby bottle in the microwave to warm – it will heat unevenly and your baby could sustain a burn.

Baby seats/carriers should not be placed on elevated, smooth surfaces such as kitchen counters or tables **UNLESS** you are standing next to the infant. Your baby can scoot the seat off these surfaces.

QUIT SMOKING and do not let anyone smoke around your infant. Smoking increases the risk of upper respiratory infections, ear infections, and sudden death in infants.

RESOURCES

“*The Happiest Baby on the Block*” - Harvey Karp

“*Baby 411*” – Denise Fields and Ari Brown – www.aap.org

If you have any questions about this handout please contact our office at 847-676-5394