
YOUR BABY AT 2 MONTHS

Your PMA provider is available 24/7. After hours, call 610-992-4916 and speak directly to your on-call provider. If Urgent Care services are necessary prior to office hours, we will direct you to a Pediatric Urgent Care in your area.

Remember - #PMA knows you best!

I. FEEDING/SLEEP

- A. Breast milk or formula are still totally adequate nutrition and the diet of choice at this age. Continue to feed on demand. If solely breastfeeding, continue the ADC Vitamin Drops for bone health.
- B. Your baby does not need any juices or water as all the fluids they require are in the breast milk or formula.
- C. Night feedings may continue until a larger amount of formula/breast milk is taken in during the day.
- D. Babies at this age often are sleeping for longer periods (5-8 hours); total of 12-16 hours/day. Even though they are moving, sleeping on their back is still the best.
- E. Start putting your baby down for sleep while he/she is still slightly awake. Letting her cry or fuss for a while is ok and will let her learn to fall asleep on her own: this is essential for ultimately being able to sleep through the night.

II. DEVELOPMENT

- A. Your baby will turn from side to side, hold his head and chest erect when prone, grasp for toys and colorful objects, and bring objects to the mouth with his hands. You will notice a "social smile" as well as experimenting with making sounds. Babies can follow moving objects with their eyes and also respond to their parents' face and voice, coo and vocalize. When crying, your child can be consoled most of the time by being spoken to or held.
- B. Stimulation can be provided by singing to your child. Children like hearing their family members' voices. Facial interactions will encourage smiling and laughing. Playing music or white noise as well as reading to your baby are nice diversions. Suggested toys include soft toys that make music, rattles to place in their hands, mobiles (out-of-reach but within sight: 12-18 inches away from your infant).
- C. Schedule: A consistent daily routine helps to establish body rhythms and anticipatory responses. A well rested baby is usually a happy baby.
- D. We suggest that every care giver take an infant/child CPR class.

III. SAFETY

- A. Never leave your infant on a changing table, couch, bed, etc. for even an instant. They always seem to roll off as soon as you turn your back.
- B. Minor colds can occur at this age, particularly if your baby is starting daycare. Saline drops (Ayr/Ocean/Nasal) and a humidifier can help ease congestion. After 2 months of age it is ok if your baby has a fever, as long as it is not too high and they are not acting ill. You can give Tylenol, in the appropriate doses, to make him more comfortable. As long as your baby is eating well and not particularly fussy or lethargic, and only coughing occasionally he is fine. If your baby appears ill or you have any concerns, please do not hesitate to call our office.

IV. WHAT HAPPENS AT THIS VISIT

- A. The doctor or nurse practitioner will examine your baby and assess growth and development. If all is well, the baby will receive the appropriate vaccines.
- B. Tylenol is not routinely required after vaccines, however, if your infant runs a fever or seems sore at the injection site, you may give infant Tylenol drops.
- C. We will see you again in 2 months.

V. PARENTING RESOURCE

- A. For parenting support and advice check out the Center for Parenting Education at Abington Memorial Hospital: www.CenterforParentingEducation.org