

Your 2 – Month – Old Baby



— Goldsboro —
Pediatrics P. A.

Immunizations on your next visit:

- DTAP #1
- IPV #1
- Hep #2
- Hib #1
- Prevnar

Call our office if you baby has:

- A fever of 104° or higher (rectally)
- Convulsions or seizures
- High-pitched persistent crying for more than 3 hours

Or if your baby is:

- Difficult to wake
- Unusually limp (inactive) or pale
- Not acting normally

Developmental Issues

- Your baby should be able to follow things with his eyes and recognize different voices & people.
- Your baby should be smiling, laughing and making cooing noises.
- Your baby may turn from side to back and support his head for a few moments.

Feeding

Breast milk or formula contains all the nutrients a baby needs at 2 months of age. No need to introduce any other foods at this time. Breast-fed babies may need to nurse every 2 – 4 hours, with more frequent feeding during the day, and feeding every 4 – 6 hours at night. Formula-fed babies may need to be fed every 2 – 4 hours, with 4 – 6 ounces per bottle. As your baby increases the amount taken at a feeding, he may sleep for longer periods between feedings.

Sleeping

Most children learn to sleep through the night by age 4 months. Some 2 month old babies may be sleeping 6 – 8 hours at night. To help your infant learn to settle himself to sleep, put him in his crib while drowsy but still awake and do not rock, nurse or bottle feed him to sleep. He may cry for up to 20 minutes before falling asleep. Feed and wake your baby often during the day not letting them sleep more than 4 hours consecutively during the daytime hours.

Crying

Always respond to your crying infant during the first 3 – 4 months. When your baby cries try to comfort him by;

- Singing
- A pacifier
- Talking
- Body contact, snuggling with gentle motion
- Wrapping snugly in a blanket
- Playing music or “white noise” (fan)
- Strolling

Growth & Development

Caring / Discipline

- Babies cry for different reasons. This can be stressful for the parent or caretaker. Never shake your baby. Shaking your baby will not help the crying to stop and may cause damage to his delicate developing brain. This is called Shaken Baby Syndrome. Talk to your doctor or if you feel you need more help call 1-800-354-KIDS.
- Read stories and play music
- Cuddle, kiss, talk to, and hold your baby frequently. Lay down with your baby while he is awake, exercising his arms and legs and helping him to learn to roll over.
- Read to your baby.

Safety tips for infants birth to 6 months

- Car crashes are the biggest danger to your child's life and health. Make sure your baby's car seat is appropriate for your baby's age and weight, installed properly, and used each time your child rides in a car. Always place him in the back seat facing backwards.
- Do not leave your baby alone, on high places such as changing tables, beds, sofas, or chairs. He will fall! Call the office if your baby falls and hits his head or if he does not move his arms or legs normally after a fall.
- Never eat, drink, or carry anything hot near your baby while you are holding him. Your baby could easily be burned. Reduce the temperature of your hot water heater to 120° or below to prevent burns.
- Never leave your baby alone in or near water. Drowning can happen in shallow water such as a bathtub, pail of water, wading or swimming pool.
- Make sure you have a working smoke alarm in your home. Change the batteries once a year on your baby's birthday.
- Your baby should always sleep on his back. Never put your baby on a waterbed, bean bag, or anything that is soft enough to block air to the nose and mouth. Remove all plastic wrapping from items which come in contact with your baby.
- Keep small objects out of your baby's reach to prevent choking or suffocation.

**Learn how to save a life of a choking infant.
Ask your health care provider about the steps you should follow.**



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