

## Well-child checkup: 2 months

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_ Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Immunizations received: \_\_\_\_\_

Next visit: \_\_\_\_\_ Immunizations needed: \_\_\_\_\_

Remember to bring your baby's vaccine record with you.

This sheet is meant answer some common questions parents have about this age.

### Feeding

Breast milk or formula with iron is all the food babies need for the first several months. It's not time to start cereal or other solid foods. Most babies still need nighttime feedings at this age.

### Breastfeeding

Feeding patterns vary, but most babies nurse 5 to 7 times in 24 hours. The more your baby sucks, the more milk is produced.

### Bottle feeding

While babies take different amounts, an average at this age is 4 to 6 ounces per feeding, 5 to 7 times per day.

**Do not** prop the bottle in your baby's mouth. This can cause ear infections, choking, and future tooth problems. Feeding is an important bonding time. Holding your baby for feedings tells her that you are there to meet her needs.

### Diaper changes

Your baby should have at least 4 to 6 wet diapers per day. Some babies have lots of bowel movements and some have only one

every few days. These can be very loose or watery. Hard, infrequent bowel movements mean your baby is constipated; call the clinic if this happens.

### Sleeping

Babies should sleep on their backs on a firm mattress covered by a fitted sheet. Use one light blanket. Keep loose bedding, including bumper pads and soft toys, out of the crib. These measures are proven to help prevent sudden infant death syndrome (SIDS).

### Development

Babies develop at their own rate. During the next two months you may notice that your baby can:

- smile and coo back to your sounds.
- grasp a rattle or object and bring it to her mouth.
- raise head when lying on her tummy.
- look at you often and watch your face.
- hold her head upright when being held in sitting position.
- be distracted by other people when eating.
- be interested in watching her own hands.

Crying is the way babies tell you their needs. If your baby is fussy and you would like suggestions for comforting him, see the tip sheet, "Crying babies".

## Learning through play

At this age, babies often like to play on their backs. Your baby should also spend plenty of time on the tummy, to strengthen muscles needed for holding the head upright, rolling, sitting, and crawling. (See the education sheet, “Back to sleep, tummy to play.”)

This is a good age to begin reading books with simple, colorful pictures to your baby. Talk or sing to baby, too.

## Safety

Use an infant car seat correctly, in the back seat, every time your baby rides in the car. It’s the law and car seats save lives.

**Never leave your baby alone in the car,** even for a few minutes.

Check all toys for sharp edges and small parts that come off easily.

Infants start to roll at 2 to 4 months, so don’t leave your baby alone when on a bed, table, or couch. Infant seats should be placed on the floor, not on tables or counter tops—baby’s movement may cause falling.

**Never shake your baby.** If you find yourself becoming too upset, put your baby in a safe place and go to another room until you feel calmer.

**Never** hold your baby while smoking, drinking hot liquids, or cooking.

**Never** leave your baby alone in the bath. Take baby with you to answer the phone.

**Don’t** tie a pacifier around your baby’s neck; it could cause choking.

Check for chipping paint. Make sure painted surfaces are lead-free.

Have smoke detectors in working order.

Are you and your children safe in your home? Please talk to your doctor, nurse practitioner, or social worker if you have any concerns about safety for you or your child.

## Positive parenting

Your baby enjoys being held and having people around. Help your baby develop a sense of trust and security:

- cuddle and play with baby often.
- don’t worry about spoiling your baby with too much attention.
- invite older brothers and sisters to play with the baby, and set clear rules such as “ask before picking up the baby.”

Your baby may enjoy being kept close to you in a sling or baby carrier. This also frees your arms for work or shopping.

## Preventing illness

Make sure everyone in the family washes hands:

- before **and** after preparing food, eating, or feeding your child.
- before **and** after using the bathroom or changing a diaper.

Don’t smoke in the home or car.

## When should I call the clinic?

- hard, infrequent bowel movements
- rectal temperature higher than 100.4° F
- if your baby is crying for more than a few hours
- if your baby is listless (has no energy) and skips more than one feeding
- trouble breathing – **call 911**

## Questions?

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, many resources are available to help you.

### Resources at Children's of Minnesota

Minneapolis clinic (612) 813-6107  
St. Paul clinic (651) 220-6789

#### **Breastfeeding Resource Center**

Minneapolis (612) 813-7654  
St. Paul (651) 220-6250

#### **Family Resource Center** (health, parenting, and community resource library)

Minneapolis (612) 813-6816  
St. Paul (651) 220-6368

**Parent Warmline** (612) 813-6336  
(child development and behavior)

**Web site** [www.childrensmn.org](http://www.childrensmn.org)

(includes information about visiting Children's, illnesses, and parenting, as well as Children's Medical Organizer—a free easy-to-use Web site to help organize your family's medical history)

### Community resources

**2-1-1 Phone Helpline** (confidential information and referral to thousands of community services) dial 2-1-1, or (651) 291-0211

**Child safety seat inspections** (free) (information about the nearest location) 1-866-SEAT-CHECK [www.seatcheck.org](http://www.seatcheck.org)

**Early Childhood Family Education** (classes about raising young children) Call your local school district.

**Minnesota Tobacco Helpline** (for help to quit smoking) 1-888-354-PLAN (1-888-354-7526)

**Poison Control Center**  
toll-free number: 1-800-222-1222

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