

Well Child Care at 2 Months

Feeding

At this age, your baby needs only breast milk or infant formula to grow healthy and strong. At this age most babies take about 4 to 5 ounces of formula every 3 to 4 hours.

If you give your baby breast milk, it is a good idea to sometimes feed your baby with pumped milk that you put in a bottle. Then your baby will learn another way to drink milk and other people can enjoy feeding your baby. Always hold your baby during feeding time. Then your baby learns that you are there to meet his needs. This is an important and special time. It is not time to start cereal or baby foods yet. Cereal can be started at 4 to 6 months of age.

Development

Babies start to lift their heads briefly. They reach for things with their hands. They enjoy smiling faces and sometimes smile in return. Cooing sounds are in response to people speaking gentle, soothing words.

Sleep

Many babies wake up every 3 to 4 hours, while others sleep for longer periods during the night. Every baby is different. Feeding your baby a lot just before bedtime doesn't have much to do with how long your baby will sleep. Place your baby in the crib when he's drowsy but still awake. Do not put your baby in bed with a bottle. Ask your healthcare provider for ideas about ways to keep your baby alert and awake during the day and sound asleep at night.

Reading and Electronic Media

Your baby will enjoy just hearing your voice. You can read aloud from a baby book, or even from your favorite novel. It is important to make eye contact, cuddle, and relate with the baby. Never prop your baby in front of a television.

Safety Tips

Never leave your child alone, except in a crib.

Choking and Suffocation

- Use a crib with slats not more than 2 and 3/8 inches apart.
- Place your baby in bed on his back.
- Use a mattress that fits the crib snugly.
- Keep plastic bags, balloons, and baby powder out of reach.

Fires and Burns

- Never eat, drink, or carry anything hot near the baby or while you are holding the baby.
- Turn your water heater down to 120°F (50°C).
- Install smoke detectors.
- Keep a fire extinguisher in or near the kitchen.

Falls

- Never step away when the baby is on a high place, such as on a changing table.

- Keep the crib sides up.

Car Safety

- Never leave a child alone in a car.
- Use an approved infant car safety seat and follow the instructions for proper use. If you aren't sure how to install the seat in your car, contact a local fire department.
- Parents should always wear seat belts.

Smoking

- Infants who live in a house where someone smokes have more respiratory infections. Their symptoms are also more severe and last longer than those of children who live in a smoke-free home.
- If you smoke, set a quit date and stop. Set a good example for your child. If you cannot quit, do NOT smoke in the house or near children.

Immunizations

At the 2-month visit, your baby should have a:

- DTaP (diphtheria, acellular pertussis, tetanus) shot
- Hib (Haemophilus influenza type B) shot
- Hepatitis B shot
- Polio shot
- Pneumococcal (PCV13) shot
- Rotavirus oral vaccine.

Some vaccines can be combined to reduce the total number of shots for your baby.

Your baby may run a fever and be irritable for about 1 day after getting shots. Your baby may also have some soreness, redness, and swelling where the shots were given.

You may give acetaminophen drops in the appropriate dose to prevent the fever and irritability. For swelling or soreness put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort.

Call your child's healthcare provider if:

- Your child has a rash or any reaction other than fever and mild irritability.
- You are concerned about the fever.

Next Visit

Your baby's next routine visit should be at the age of 4 months. At this time your child will get the next set of immunizations. Bring your child's shot card to all visits.

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