

2 Month Visit

Formula feeding:

- ★ Expect them to eat about 6 to 8 times each day, or 26 to 28 oz of formula per day.

Breastfeeding:

- ★ Expect to breastfeed 8 to 12 times in 24 hours.
- ★ Continue to take your prenatal vitamin with iron.

Supplements:

- ★ All babies need Vitamin D supplement (400 IU) per day unless they receive 32 ounces or more of formula.
- ★ No other medications or supplements should be given without discussion with your PCP.

Family Health

- ★ Talk with your health care professional or call for help if you feel sad or very tired for more than a few days.
- ★ Find small but safe ways for your other children to help with the baby, such as bringing you things you need or holding the baby's hand.
- ★ Spend special time with each child reading, talking, and doing things together.

Routine, Safety, Sleep

- ★ Have simple routines each day for bathing, feeding, sleeping, and playing.
- ★ Develop a schedule for naps and bedtime. Put them to bed awake but drowsy so they learn to fall asleep on their own.
- ★ Put your baby on their tummy for short periods of playtime. Don't leave them alone during tummy time or allow them to sleep on their tummy.
- ★ Always put your baby to sleep on their back in their own crib, not your bed.
- ★ Keep crib or bassinet free of loose bedding, pillows, bumpers, or stuffed toys.
- ★ Stop swaddling as soon as your baby shows any signs of trying to roll over - some babies start working on rolling as early as 2 months of age.
- ★ Prevent tap water burns. Set the water heater so the temperature at the faucet is at or below 120°F /49°C.
- ★ Never leave your baby alone in bathwater, even in a bath seat or ring.
- ★ As your baby gets more mobile, be extra careful to prevent falls!
 - Keep a hand on your baby when dressing or changing them on a changing table, couch, or bed.
 - Never leave baby sitting alone on the bed, table, couch, or other elevated surfaces.
 - Place them in a safe place (e.g. crib, playpen) when you can't hold them.

What vaccines will be due at my baby's 4 month visit?

- ★ Rotateq (Rotavirus vaccine – oral)
- ★ Vaxelis (DTaP, Hib, Polio and Hep B combination vaccine – injection)
- ★ PCV13 (Pneumococcal vaccine - injection)

Helpful Resources:

- Information About Car Safety Seats: www.nhtsa.gov/parents-and-caregivers
- Toll-free Auto Safety Hotline: 888-327-4236

Sources:

<https://brightfutures.aap.org>

<https://healthychildren.org/>