

mmpc pediatrics

2 MONTH CHECK

Weight _____ Height _____ Head Circumference _____

At 2 months, you are starting to see your baby's personality emerge. She is more alert, attentive, and social. He is likely smiling and cooing and you may notice something new and exciting each day.

Development:

Your baby should be following a bit with her eyes, and cooing and smiling. While on her tummy, she should be able to lift her chin and turn her head. By our next visit, at 4 months, you can look forward to laughing and squealing as well as improved control of her head and arms.

Feedings:

Feedings should be well established by now. You may notice nursing sessions are shorter as you and your baby have become more efficient. Bottle fed babies may gradually increase the volumes that they are taking. Babies still need only breast milk or formula. We do not recommend baby cereal, other baby food, or water at this age. We will have an opportunity to address this at the 4 month checkup.

Sleep:

By now, your baby should be better at getting himself to sleep, and if not, keep trying because this is an important skill for the months to come. Try playing some soft music and letting her fuss for longer periods of time. Try not to let her get overly tired as this will make it more difficult to put her down.

Schedule:

Many parents ask about schedules at this point and as babies get older, they seem to do better when they have a predictable routine. You will have noticed by now that your baby has started to develop a schedule of his own.

Getting out:

Babies love to be outside. Fresh air and a change of scenery can help soothe a fussy baby and also seems to make babies hungrier and help them sleep better. Dress her appropriately for the weather. You can use a PABA free, broad spectrum sun screen (we like Neutrogena and Aveeno Baby). You may use a DEET containing insect repellent carefully, but not more than once in 8 hours.

Illness:

All babies get sick at times. You will know she is getting sick because she will act differently. She may not eat as well as usual and may be fussy. If she is acting this way, take a rectal temperature. If the rectal temperature is greater than 101F, give us a call. Other signs of illness include nasal congestion, cough, sneezing, loose stools. Certain of these symptoms alone can be quite common (for example, sneeze and congestion) If there are concerns with how he is breathing (rapid, shallow, or distressed), or with how she is acting (lethargic or unable to awaken, refuses to eat or anything else that has you worried) be sure to give us a call