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Well Child TIPS FOR TAKING CARE OF YOUR 2-MONTH-OLD

CHILDREN ARE CONSTANTLY CHANGING. And while you as parents can't anticipate every change, these Well Child Tips can prepare you for what lies ahead and help you raise a healthy and safe child.

SAFETY

- When your baby is in an infant seat, be careful not to put him on a high countertop or even on a couch. When your baby moves, the seat might turn over and your baby could be hurt.
- Put down your cup of hot coffee or tea before you pick up your baby. Hot drink spills can cause bad burns. Also, never hold your baby while you cook.
- Turn the hot water heater in your home down to 120°F. Ask your landlord to do this for you if you live in an apartment. This reduces the risk of scalding your baby with hot tap water.
- If you are feeding your baby with a bottle, check the nipples often to make sure there are no cracks. A cracked nipple can rip while your baby sucks on it and cause him to choke.
- It is best not to use a microwave to heat your baby's bottle, because the bottle may feel cool to you when the milk is dangerously hot. If you do heat bottles in a microwave shake them up and test the milk before giving them to your baby. Another way to heat a bottle is to place it in a pan of warm water. Be sure the pan is out of the reach of small children. Test the milk before giving it to your baby to make sure it is not too hot.
- After each diaper change, be sure to wash your hands thoroughly with ordinary soap and warm water to stop the spread of germs.
- If you have any questions about immunizations, be sure to discuss them with your child's healthcare provider. Following a regular immunization schedule is very important for your child's health.
- Toys are not only fun, but they help your child learn about the world around him. Check the safety labels of all toys and be sure to choose toys that are appropriate for the age of your child. Be particularly careful of toys with small pieces that could cause your child to choke if swallowed. Check all toys often to make sure they are still safe and not broken.



NUTRITION

- Your baby is getting all he needs from breast milk or formula. He does not need juice and should never be given juice from a bottle.
- Bottles should never be propped. Your baby wants to be cuddled during feeding. It is important that he can look into your face when he eats.
- Sterilization of bottles is not necessary as long as the bottle and nipple are rinsed within two to three hours of feeding, then washed with hot, soapy water and a bottle and nipple brush and rinsed well with clean, hot water. The tops of formula cans and can openers should also be washed with hot, soapy water and rinsed before using.
- Your baby is growing rapidly during these early months. He will gradually increase the amount of breast milk or formula he consumes at each feeding and the time between feedings.

DEVELOPMENT

- Around 2 months of age, babies begin to smile. They love to watch you smile at them, too!
- Your baby may be able to hold something in his hands for a little while.
- Most babies at this age like to be on their backs to play. Try putting your baby on his stomach for a little while, too. This helps him practice lifting his head.
- Your baby now makes “cooing” sounds. He likes to try to make the same sounds you make. Talk back to your baby when he coos.
- Help your baby practice sitting up. Hold his hands and slowly pull him up until he is sitting, continuing to support him.

PARENTING

- Help your baby learn words by talking to him often. Ask him questions like, “Do you see the pretty bird outside?” Tell him what you are doing when you fold laundry or set the dinner table.
- You will learn what your baby likes and does not like. Some babies are scared of loud noises such as dogs barking, the television or the radio.
- Read stories to your baby frequently; this will help him learn to talk.
- Teach your baby about the world by letting him see it. Take him for walks outside in a baby stroller. Remember to use the stroller’s safety straps.
- Always take a lot of time to cuddle and rock your baby; cuddling with you is one of his favorite things to do.

NEXT VISIT _____

Until your next appointment, you may call your child’s healthcare provider if you have any questions about keeping your baby safe and healthy. If your child’s healthcare provider is unavailable, call the Children’s Healthcare of Atlanta pediatric advice line at 404.250.kids or check the Children’s Web site at www.choa.org for more information.

SPECIAL INSTRUCTIONS _____

NOTE: These tips are just a guide and do not give you all the information you need to raise a healthy and safe child. Remember that children develop and grow at different rates and you know your child best. If you have any questions or concerns, be sure to ask your child’s healthcare provider.

