

My Baby

at 2 months



Infant Vaccines



- Two month vaccines:
- DTaP
 - Polio
 - Hib
 - Hepatitis B
 - Pneumococcal
 - Rotavirus - oral

Making sure I receive my shots protects me from getting diseases that can cause serious illness.

- ✓ Call my health care provider or health department (231-995-6131) to make an appointment for my two month shots.

Don't forget . . . I can

- Have a wide range of normal stools. (Stools are related to the type of feeding, formula or breast milk).
- Strain, fuss, or grunt during normal bowel movements.
- Sleep 14-18 hours a day with 2-4 naps.
- Have a variety of sleep patterns. The amount of time I sleep does not depend on me eating cereal.

Show me love by . . .

- Giving me tummy time on a flat surface. The floor is the safest place.
- Giving me bright, colored objects to look at like soft dolls & toys, quilts or mobiles.
- Holding me and talking to me face-to-face. I need someone to smile at and talk to.
- Reading to me.
- Gently massaging me while telling me stories.
- Making faces at me and watching me make them too!

By the 2nd month,...

- ♥ Your baby may be settling into a schedule..
- ♥ Your baby enjoys hearing Mom or Dad's voice reading a story.
- ♥ Your two month-old rewards you with smiles and coos.

Watch me grow! I can. . .

- Gain 5-8 ounces every week!
- Grow about 1 inch each month.
- Suck on my fist or hand without being hungry.

What I need. . .

- To take 3-4 ounces of breast milk/formula at each feeding (depending on my size), between 22-32 ounces a day.
- To be breastfed every 2-3 hours or on demand during the day. I may nurse less frequently at night.
- To be held and cuddled during feedings. This shows me I'm special!
- To suck. Sucking on a hand or fist may help quiet me, or a pacifier might help.

Keep me safe ...

- Placement in a rear-facing car seat is required until age 1 and 20 lbs, and recommended until age 2.
- Never leave me alone in a parked car.
- Give me a safe place for naps and sleeping as I begin to roll.
- Give me soft toys that do not have small parts.
- Call someone if caring for me becomes stressful.
- Make sure I have clean air to breathe; smokers should quit or smoke outside.
- Put me to sleep on my back in my crib/bassinette.

You can take care of my oral health by...

- Holding me during feedings.
- Wiping breastmilk or formula out of my mouth after feeding using a soft cloth.

You can keep my skin clear by. . .

- Changing my diapers frequently.
- Cleaning my skin with every diaper change.

Exploring my world . . . I can

- Hold my head up when placed on my stomach.
- Follow bright objects.
- Recognize parent/caregiver's face and voice.
- Smile and coo.
- Turn my head toward sounds.
- Briefly calm myself by sucking on my hand.

Hey! CHECK ME OUT!

Have you seen me . . .

- ✓ Smile at you
- ✓ Look at my hands
- ✓ Bring my hands together
- ✓ Laugh/squeal
- ✓ Sit with my head steady
- ✓ Put weight on my legs



The Path to Reading...

2 months

It's never too early to start making books and language an important part of your child's life. The small steps you take now will put your child on the road to reading success!

You can:

- ★ **Talk** during bath time, playtime, diaper changing time, anytime! Babies learn to talk when you talk to them.
- ★ **Sing** during quiet time and rest time. Babies love to hear the rhythm of your voice and it helps to calm them.

Book Corner: Babies like books with simple, large pictures or designs with bright colors. Black, white, and red colors are easy for baby to see at this young age.

Check out these websites and apps for FREE in-



WIC Website for Feeding Information
www.wichealth.org



Your Child—General Health information:
<http://www.med.umich.edu/yourchild/index.htm>



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Check out www.gtchd.org/1973 for additional resources for moms, dads, and babies.