

## YOUR 2 MONTH OLD INFANT

### GROWTH AND DEVELOPMENT

#### **By 2 months of age, it is common for your infant to:**

- Focus and track faces and objects from one side to the other
- Be alert to sounds
- Recognize parents' faces and voices
- Gurgle and coo (say "ooh" and "ah")
- Smile in response to being talked to, played with or smiled at
- Lift head up while lying on belly
- Grasp rattle placed in hand

There's a wide range of normal, and children develop at different rates. Talk to your provider if you're concerned about your child's development.

### NUTRITION:

**Feeding.** Your baby may be going longer between feedings now. Feeding should still be on demand (when your baby is hungry), but may follow a more predictable schedule. Keep in mind that your baby may have periods when he or she wants to eat more. On average, a 2-month-old infant will drink about 20-28 oz. (590-830 ml.) of formula a day or breastfeed about 8 times a day.

### SLEEPING:

**Sleeping.** Your baby will probably begin to stay awake for longer periods and be more alert during the day and sleep more at night. Waking up at night to feed is normal.

### WHAT TO LOOK FORWARD TO:

**Here are some things to keep in mind until your next routine visit at 4 months**

1. **Don't introduce solids**, including infant cereal, or juice. Breast milk or formula is all your baby needs right now.
2. If you **breastfeed**: If possible, breastfeed *exclusively* (no formula, other fluids, or solids). Pumped breast milk may be given in a bottle. Ask your provider about Vitamin D drops.
3. If your baby takes a **bottle** of breast milk or formula: **Do not** prop your baby's bottle. **Do not** put your baby to bed with a bottle.
4. Keep placing your baby to sleep on his or her *back* on a firm mattress in a crib or bassinet without pillows or plush toys.
5. **Don't smoke** or let anyone else smoke around your baby.

6. Don't keep your baby confined in an infant seat, bouncer, or swing for long periods of time.
7. *Always* put your baby in a **rear-facing car seat** in the back seat.
8. **Don't use a walker.** They're dangerous and can cause serious injuries. Walkers also *do not* encourage walking and may hinder it.
9. Give your baby plenty of "tummy time" *when awake*. Always supervise your baby and be ready to help if he or she gets frustrated in this position.
10. *Never* leave your baby unattended, especially on high surfaces or in the bath.
11. It's normal for infants to have **fussy periods**, but for some, crying can be excessive, lasting several hours a day. Infant **colic** peaks at about 2 months of age and often stops around 3 months old.
12. Avoid **sun exposure** by keeping your baby covered and in the shade when possible.
13. **Never shake your baby** --- it can cause bleeding in the brain and even death.
14. If you haven't already, start **childproofing** your home. Your infant will be reaching, grasping, and moving things to his or her mouth, so keep small objects and harmful substances out of reach.

### **WHAT TO EXPECT AT YOUR CHILD'S NEXT CHECK UP:**

1. Check your baby's weight and length and plot on growth chart.
2. Perform physical examination.
3. Update immunizations.
4. Address concerns and offer advice.

### **QUESTIONS FOR YOUR CHILD'S PROVIDER:**

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