
◆Cabarrus Crib Notes◆

2 Month Edition

A publication of Cabarrus Pediatric Clinic

weight _____

length _____

head circumference

You have survived the first two months and probably feel like you've just run a marathon. Be encouraged; it gets better! Your baby will gradually develop a more predictable feeding and sleep schedule and those periods of colic and fussiness will gradually diminish as your baby grows and develops.

Nutrition

Breastmilk or iron-fortified formula continues to be your baby's best food. By this age, babies require 5 to 6 feedings daily. Some breast fed babies may require supplemental vitamin D (usually those who are dark-skinned and receive little sunlight). Babies otherwise receive all the vitamins they need from formula or breast milk. If you are bottle feeding, do not use the bottle as a pacifier to calm your baby when he's upset but not truly hungry. This leads to excess weight gain and later may predispose him to severe tooth decay. Always hold, cuddle, and talk to him when you feed him. Propping a bottle can lead to choking overfeeding and ear infections. The introduction of solid food is delayed until four months of age to prevent the development of food allergies and infant obesity. However, if your baby is growing rapidly and is nursing more frequently than every 2-1/2 to 3 hours or taking 34 or more ounces of formula per day, you may begin rice cereal between 3 and 4 months. (1-2 tablespoons mixed with formula or breastmilk twice daily.)

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Safety—Start baby-proofing your home now!

Store all medicines and poisons completely out of reach. Install plastic plug protectors, gates for stairs, and cabinet and drawer locks for any "off-limit" areas. Set your hot water heater to 120 degrees and be sure to have working smoke detectors. Post the poison center # by your phone (1-800-84-TOXIN). Consider taking a CPR class (call Ask First 783-1275 for schedules). Finally, always use your car seat!

Sleep

Most new parents would give anything for a night of uninterrupted sleep. You can encourage your baby to sleep through the night by maintaining a fairly regular schedule of feedings, naps, and bedtime. Try to put your baby down when she's drowsy but awake so that she learns to put herself to sleep. (This is especially helpful when she wakes at 3 AM.) You may want to limit daytime naps to 2-3 hours as a baby who sleeps all day may not sleep as long at night. Many babies still wake up to feed at night. Make these feedings brief and boring. Don't rush to your baby's side at the first peep that you hear. Like adults babies can cry out, move, or talk in their sleep. Give her a chance to settle down before you go in and arouse her.

Remember: We recommend that your baby sleep on his side or back. This has been shown to lower the incidence of SIDS or crib death.

Development

Watching a baby develop is one of the great joys of parenting. At 2 months, your baby should respond to sounds and voices and should look at your face or other interesting objects in front of him. He may smile, coo, or even laugh and probably grabs objects placed in his palm. You can encourage his development by talking or singing to him when you feed or play. He may like black and white or red objects like mobiles and other baby toys. Most importantly, give him plenty of hugs and affection.

Illnesses

Babies often get their first cold between 2 and 4 months of age. Although a stuffy or runny nose may disrupt your baby's feeding or sleep schedules, she should continue to feed relatively well and be active and alert. Use a bulb suction syringe with or without saline nose drops (available over the counter) to clear nasal secretions. Cold medicines are rarely effective at this age and may have side effects. Colds generally last about a week. Call our office if your baby is markedly fussy or lethargic, has a rectal temperature greater than 100.4, is feeding very poorly, seems to have an ear-ache, or is breathing excessively fast or heavy.

Immunizations

At the 2 month visit most babies receive immunizations for Diphtheria, Tetanus, Pertussis, Hemophilus influenzae (this is not "the flu" but rather a germ that causes meningitis), Polio, and Hepatitis B. You can expect some mild soreness and possibly fever (from 100.5-103degrees) These may be relieved by acetaminophen (Tylenol). Call our office if your baby has any of the severe reactions listed in the vaccine hand-outs.

Office policies

Our regular office hours are 8:15am-5pm Monday through Friday. Please call during these hours to schedule appointments or to ask routine questions. Except for true medical emergencies-appointments are necessary. Evening and weekend visits are offered for urgent problems that can not wait. You can reach us when the office is closed by calling the regular office # (786-1144). A doctor or nurse will call you back. Except for true emergencies, please do not take your child to the emergency room without first speaking to the doctor on call. We can often arrange to see your child or handle problems by phone.

Next checkup: age 4 months

Regular checkups are done at 4, 6, 9, and 12 months. All but the 9 month checkup usually involve immunizations. Keeping your baby up to date on checkups and shots is one of the best things you can do for his health.

Other instructions:

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