

# Well Child Check

## 2 Months

### Nutrition

- Breast milk or formula should be your child's primary source of nutrition for the first twelve months. Your infant's nutritional needs during the rapid-growth period of infancy are greater than at any other time in his/her life. Your infant will approximately triple his/her birth weight during the first year.
- Continue breastfeeding or formula feeding at intervals from 3-4 hours during the day and lengthened intervals at night. Breast fed infants will feed more often than formula fed infants because breast milk is digested more quickly.
- Do not prop bottles due to risk of choking, ear infections, and early cavities.
- No solids until 4-6 months of age. Breast milk and formula contain plenty of water; your infant does not require any additional water at this age.
- The American Academy of Pediatrics recommends 400 IU of Vitamin D3 every day for exclusively breast fed infants. Alternatively, breastfeeding mothers may supplement themselves with 6400 IU of Vitamin D3 daily (generally the equivalent of taking a prenatal vitamin plus an additional 6000 IU of Vitamin D each day). Mothers should consult their healthcare providers prior to starting any supplementation.
- Omega 3 fatty acids (DHA/EPA) may help brain growth and development. Most infant formulas now have DHA/EPA. Formula fed infants should get a least 150mg DHA/EPA per day supplemented in their formula. Nordic Naturals makes an infant product with a dosing schedule on their site based on the infant's weight.
- DHA is passed from mother to infant in breastmilk. Breastfeeding mothers may take an over-the-counter DHA/EPA supplement, or increase omega 3 fatty acids in her diet. Always check with your healthcare provider prior to starting supplementation. Dietary sources of omega 3 fatty acids include: fresh or frozen wild salmon (goal 12 oz per week), canned sockeye, sardines, black cod, herring, algae products, walnuts, freshly ground flax and hemp seeds, omega-3 enriched eggs. Alternatively, check to see if your prenatal vitamin already includes DHA/EPA. To check the safety profile of omega-3 in your prenatal vitamin: [www.consumerlab.com/results/omega3.asp](http://www.consumerlab.com/results/omega3.asp)
- If bottle feeding, consider using glass bottles to avoid possible leaching of BPA (and other chemicals commonly found in plastics) into the formula or breast milk.

### Development

#### **2 months to 4 months:**

- Gross Motor skills: holds head upright; raises body using arms when on stomach; may roll front to back and back to front; may support weight on legs.
- Fine Motor skills: reaches for and grabs objects; puts hands together; plays with hands; grabs rattle; releases objects voluntarily
- Sensory skills: tracks and follows objects visually to 180°; responds to sounds by becoming quiet and alert
- Communication skills: coos reciprocally; expresses needs through differentiated crying; blows bubbles; may make "raspberry" sounds
- Social skills: smiles readily in social settings; may laugh or squeal; differentiates individuals (mother, father, siblings, other caregivers, and strangers)

### Fever and medication

- **FEVER = 100.4° F or higher rectally**
- **No Advil or Motrin** (ibuprofen) until 6 months
- **No Aspirin** until 18 years
- **Tylenol** (Acetaminophen) may now be given for fever, teething, or pain relief. Tylenol may be given as often as **every 4 hours** but **we suggest using it as sparingly as possible**. Tylenol dosing is based on weight; please see chart below for your child's dose.

Infant's Weight	Infant Drops (80mg/0.8ml)	Children's Suspension (160mg/5ml)
6 – 11 lbs.	½ dropper (40mg)	¼ teaspoon (40mg)
11 – 18 lbs.	1 dropper (80mg)	½ teaspoon (80mg)
18 – 23 lbs.	1½ dropper (120mg)	¾ teaspoon (120mg)

- Minimize your infant's exposure to infections by washing hands often, avoiding public areas and reducing the number of people who hold your infant.
- **NO COUGH OR COLD MEDICINES.** If your infant gets a cold, try humidified air and nasal saline drops with the bulb syringe. Please call our office if your infant seems to be having difficulty breathing or is not feeding well due to congestion.

## **Sleep**

- Infants at this age may be able to consolidate longer sleep cycles and thus may be able to sleep overnight for 4-5 hours (or longer). The frequency and duration of feedings, regular nap times, and active playtimes may help to encourage longer sleep duration overnight.
- Infants should **sleep on their back** to reduce risk of Sudden Infant Death Syndrome (SIDS).
- Putting your infant to sleep with a pacifier may also help to reduce the risk of SIDS.
- Cribs slats should be no more than 2 ¼ inches apart so your infant's head cannot become trapped between them. Keep the side rails up whenever your infant is in the crib to prevent falls. The crib mattress should be firm and snug-fitting.
- Avoid loose, soft bedding such as pillows, blankets, and comforters as well as soft toys in your baby's crib.
- Infants should have **tummy time** every day while supervised but **not while sleeping**

## **Routine baby care**

- If your baby has fussy period in the afternoon or evening, try to calm him/her by talking, patting, stroking, rocking, or bundling. It is okay to put your infant down in another room if you need a break. **Never shake a baby.**
- A fussy baby can be challenging. If you feel as though your infant is fussier than normal and you need support, the Fussy Baby Network is a great resource <http://www.fussybabynetworkcolorado.org>, through the first year of life.
- Infants stool in varying patterns. Some may stool with every feeding, some may stool once a day, some may stool once every few days. As long as the stool is soft, it is not considered constipation.
- Most babies only need baths 1-2 times per week to avoid drying out the skin, and encourage a healthy skin microbiome. Minimize soap exposure to avoid excessive drying. To check the toxicity of your newborn skin care products, visit <https://www.ewg.org/skindeep/>

## **Car Seat**

- **A car seat** must be used every time your infant is in the car and must be facing the rear seat. The center, rear seat is the best place for the car seat. **Never** place a rear facing car seat in a front seat with an airbag.
- Please see <http://www.carseatscolorado.com/> to find a car seat fitting station near you.

## **Safety**

- Install a smoke detector and carbon monoxide detector. Replace batteries once a year on your child's birthday.
- Maintain the hot water temperature in your house less than 120° F
- Do not walk with your infant while carrying hot drinks that could scald him/her.
- Do not use strings, necklaces, ribbons, or anything else around your infant's neck.
- Always keep a hand on your baby when changing diapers or clothes.
- Your infant should be supervised around pets at all times.
- Avoid exposing your child to the sun for prolonged period of time. Keep your infant covered.
- Avoid **all** tobacco smoke around your infant. Infants who are exposed to smoke have more respiratory and ear infections.
- Hire an experienced babysitter who knows the basic care for infants as well as how to handle common emergencies. Provide the sitter with a list emergency phone numbers and a list of your child's allergies and current medications.

*If your infant received vaccinations today, he/she may not experience any side effects of these vaccines. However, the most commonly reported side effects include: an increase in sleeping, possibly fever (low-grade, 99-100°) and mild fussiness within 24-48 hours. If you have questions about vaccines or vaccine safety, please ask your provider.*

***Your infant's next well check should be at 4 months of age.***