

**Second Month Visit**

**Date:**

## **NUTRITION**

Babies at this age get all their nutrition from breast milk or formula. Juice and water are not needed and cereal should not be added to the bottle. Solids do not need to be added to the diet until after the four month visit. Feed every three hours during the day. Breast fed babies may nurse five to eight times a day. Bottle fed babies may drink three to six ounces five to eight times a day. Babies at this age are often getting into a somewhat predictable schedule. The baby may also begin to extend sleep times between feeds during the night. Vitamin D supplementation for the baby should continue. Do not allow the baby to sleep with the bottle in their mouth.

## **SAFETY**

Babies should be put to sleep on their back. Never leave the baby unattended in the car, in the bath, or on elevated surfaces. The car seat should be rear facing, preferably in the center of the rear seat. Make sure your baby's toys do not have sharp edges and can't be broken. The water heater should be set below 120 F to prevent accidental burns. Post the Poison Control Hotline on your refrigerator: **1-800-222-1222**.

## **GENERAL**

**Sleeping:** Always put the baby to sleep on his or her back to reduce the risk of sudden infant death syndrome (SIDS). Babies should sleep on their back on a firm mattress with a fitted sheet. There should not be anything else in the crib with the baby (i.e. pillows, bumpers, blankets, toys). You may want to start placing the baby in the crib before they fall asleep, so that when they awaken, they will learn how to get back to sleep without your help.

**Crying/Colic:** Unexplained crying spells and colic are still normal at this age. Be patient – they will improve over the next one to two months. Swaddling, rocking, and cuddling may soothe your baby. If you are unable to calm your baby, call our office.

## **IMMUNIZATIONS**

**DTap (diphtheria, tetanus, and pertussis)/Hib (haemophilus influenza)/Polio; Prevnar, Rotavirus.**

Possible side effects include:

Fever

More irritability or fussiness

Redness or swelling at the site of the shot

You may give your baby acetaminophen every 4-6 hours as needed. Avoid Ibuprofen until the baby is six months old.

## MEASUREMENTS

**Weight:** \_\_\_\_\_ Lbs \_\_\_\_\_ oz ( \_\_\_\_\_ %)

**Height:** \_\_\_\_\_ inches ( \_\_\_\_\_ %)

**Head circ.:** \_\_\_\_\_ inches ( \_\_\_\_\_ %)

## DEVELOPMENT

At this age you may notice that your baby:

Smiles and coos at you

Turns his or her head toward your voice

Follows objects with his or her eyes

Raises his or her head when lying on tummy

Shows better head control

Grasps rattle briefly

## PROMOTING DEVELOPMENT

Talk, read and sing to your baby.

Place your baby on his or her tummy during playtime.

Create a regular bedtime routine.

Do not let your baby watch TV.

## FOCUS ON FAMILY

Try to nap or rest when your baby sleeps.

Postpartum depression is common and can arise at anytime in the first year. If you find yourself feeling sad, anxious, or depressed, seek help and talk to your doctor.

Older siblings may feel jealous. Spending individual time with the older sibling can help.

Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

## WHEN TO CALL OFFICE

Call the office if you have questions or the baby:

Cries more than normal or can't be comforted.

Has trouble breathing.

Is limp or sluggish.

**Next visit at 4 months**