

PARENT INFORMATION SHEET FOR 2 MONTH-OLDS

VACCINES:

- * DTaP #1 – prevents diphtheria, tetanus (“Lock-jaw”), and pertussis (“Whooping Cough”). DTaP may cause fever and soreness; acetaminophen (Tylenol, Feverall, and store brands) may help.
- * Polio #1 – prevents polio, a serious viral illness that causes paralysis.
- * Hib #1 (haemophilus influenzae, type b) – prevents Hib bacteria, a germ that causes severe infections like meningitis, airway (throat) infections, blood infections (“sepsis”), and even ear infections.
- * Hepatitis B #2 – prevents Hepatitis B, a virus that infects the liver and also causes liver cancer.
- * PCV-13 #1 – prevents 13 types of pneumococcus bacteria, a germ that causes severe infections like meningitis, pneumonia, and blood infections, as well as more common ones like ear infections.
- * Rotavirus #1 – helps prevent rotavirus, a virus causing severe diarrhea. Rotavirus #1 must be given at two months of age. This vaccine currently is not required for day care or school but is highly recommended.

- * Most children do not get serious side effects from the vaccines. If side effects occur they are usually mild. Fever and discomfort are the most common side effects. Acetaminophen (Tylenol and other brands) can help. The rotavirus vaccine rarely may cause vomiting and diarrhea in the day or two after the vaccine. If you have concerns, please call us.

- * Household member living with infants younger than 6 months of age are strongly encouraged to receive the flu and whooping cough vaccines. Please contact your primary care provider.

DEVELOPMENT and PARENTING TIPS:

Speech/language:

- * Infants will respond to noise.
- * Infants will smile and coo. This is your reward for all those sleepless nights!

Physical ability:

- * Infants can hold their heads up for a short amount of time, and have better head control than shortly after birth.
- * Infants can hold a rattle for a short amount of time.
- * In the next few weeks, infants will start to grasp objects.

Social/play:

- * Babies can focus on faces and may turn their heads to watch something of interest.
- * Babies like toys such as rattles, crib mobiles and stuffed toys. Babies this age love brightly colored toys and those with black and white patterns.
- * Babies love to hear your voice and be held, cuddled and looked at face to face. It is very important to engage with your baby this way.

Behavior:

- * By the age of two months, most babies will now sleep more during the night and be more awake during the day. Babies may still wake up one to three times per night to eat.
- * Promote good sleep habits by putting your baby in bed before he or she falls asleep.
- * Many two month old babies have a sleep pattern that is about the same each day. Try sticking to a schedule.
- * Infants may find sucking on a fist, hand, finger or pacifier very soothing.
- * Infants must always sleep on their backs. This reduces the risk of SIDS (Sudden Infant Death Syndrome or crib-death).

Parenting Tips:

- * Try to sleep when your baby sleeps.
- * Take help from family and friends.
- * Call your child's doctor or your doctor if you feel sad or overwhelmed for more than a few days.

FEEDING:

- * Babies will need breast milk or formula with iron until one year of age. Do not give water unless your doctor recommends it. Juice or tea should not be given.
- * Do not leave a bottle propped unattended in your baby's mouth. This can cause choking and over-feeding.
- * Do not microwave stored breast milk or formula.
- * Check the temperature of breast milk or formula by pouring a few drops on your wrist.
- * When making formula, always follow the directions on the package.
- * Do not give honey to your baby in the first year of life.
- * You can tell if your baby is getting enough to eat if she or he has 6-8 wet diapers a day and is gaining weight well.

- * Babies are not ready for solid food until four to six months of age and can get all the nutrition they need from breast milk or formula.
- * Breastfeeding babies must take extra vitamin D to prevent rickets (weak bones and other problems). Formula-fed babies also need extra vitamin D if not taking at least 32 ounces of formula each day. Your provider will prescribe this or tell you what product to buy, usually within the first month.

HYGIENE:

- * Use plain water with or without a mild soap/shampoo for baths.
- * Keep nails short. Babies sometimes scratch their faces with their fingernails. Use emery boards or nail clippers to trim sharp nails.
- * Newborns do not need to be bundled too much. Usually 1 more layer of clothing than adults is fine.

DIAPER CARE:

- * Your baby may have bowel movements less often now than as a newborn. This is normal.
- * Babies often strain and look uncomfortable when having a bowel movement. This also is normal.
- * Constipation means that the stool is very hard and difficult to pass. Usually bowel movements will be less frequent.
- * Desitin, Balmex, A+D Ointment, etc. are helpful for diaper rashes. Do not use powders.

SAFETY ISSUES:

- * Never leave infants unattended or alone on a bed, couch or changing table or during a bath.
- * Your baby will be able to roll over soon. You do not want to find out that your baby has learned to roll by hearing a thud on the floor!
- * Babies should sleep on their backs. This reduces the risk of SIDS or suffocation (crib death). It is recommended that babies sleep in their own cribs or bassinets.
- * Infants should sleep on a firm sleep surface. Avoid soft bedding, stuffed animals, pillows or any soft objects in the sleep area.
- * Think about starting to use a playpen for time when your baby cannot be held.
- * Never shake your baby.
- * Always use a car seat. Infants and toddlers should face the rear of the car until two years of age. The middle of the back seat is the safest location. Babies and young children should ALWAYS ride in the back seat.

- * Plastic bags, balloons and small objects/toys are dangerous to babies.
- * Keep infants out of direct sunlight; use protective clothing or stay in the shade.
- * Turn the temperature of your hot water heater to 120 degrees F or less.
- * Use a crib with slats 2 3/8 inches apart or less.
- * Find out if your home has lead paint or lead hazards. If you rent an apartment, your landlord should know and is required by law to disclose this information. Ask your child's doctor or nurse if you have questions about this.
- * No smoking in the house! We strongly encourage parents who smoke to try to quit. Even the smoke on your clothes, hair, and breath can affect your child. Ask us for information on how to quit.
- * Make sure your smoke and carbon monoxide alarms are working.
- * CPR training is recommended.

NEXT VISIT: 4 months of age for a check-up/physical and as needed for other problems, illnesses, and injuries

Remember to write down your questions in advance and bring them with you!!

WANT MORE INFORMATION?

The internet can be an excellent source of information on child health and development. Be sure that the websites you visit are reputable! If you have questions, please ask us.

Need help with breastfeeding?

Meet with a lactation consultant and other breastfeeding mothers at the Cambridge Health Alliance Breastfeeding Support Drop-in Program, located at 8 Camelia Avenue in the Cambridge Hospital driveway. Tuesdays and Thursdays from 10AM to 12PM. No appointment is necessary!

More information is available from these sources:

Zipmilk www.zipmilk.org

Massachusetts WIC Nutrition Program (800) 942-1007

La Leche League (800) LA LECHE

Nursing Mothers' Council (617) 244-5102

Massachusetts Breastfeeding Coalition www.massbfc.org

International Lactation Consultant Association www.ilca.org

National Women's Health Information Center (800) 994-9662

Check out *Bright Futures* parent information from the American Academy of Pediatrics at:

<http://brightfutures.aap.org/pdfs/Visit%20Forms%20by%20Age%20110/2%20Month/A.Inf.PH.2month.pdf>

Check out *Healthy Children* parent information from the American Academy of Pediatrics at:

www.healthychildren.org/

Find more information and tools on our CHA website page for parent resources at:

[Http://www.challiance.org/Services/PediatricsResourcesforParents.aspx](http://www.challiance.org/Services/PediatricsResourcesforParents.aspx)

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