



# Children & Teens MEDICAL CENTER

## TWO MONTHS



### Normal Development

By two months of age, you probably have noticed the many things your baby can do. He can follow you around the room with his eyes, track your voice, smile, and hold his head up to a 45-degree angle when lying on his stomach. Soon he will be laughing, babbling, holding his head fairly steady, bearing weight with his legs, and even rolling over. You may have noticed fewer jerky movements in his quiet times. He may be becoming more regular or predictable. You may have even noticed that he has a distinct personality. This individuality has been shown to be independent of the parent's handling or personality style. You can, however heighten, diminish, or modify some behaviors, but the basic temperament is your child's own.

Crying is often a concern of parents. Crying is a normal function of all healthy babies although some babies certainly cry more than others. It is your baby's way of telling you that he may be hungry, tired, uncomfortable, over stimulated, startled, in need of some loving attention, or ill. If you find that after meeting these needs, the baby is still crying, he may need to be left alone. He will often find a way to comfort himself. By meeting their needs, you will help your infant develop trust, the basis for his future development. It's not too early to read books to your baby. Language development starts early, and books are an excellent way to help baby grow for years. Try to develop a routine for your baby. Life can be exhausting times, so utilize your support systems. Try to get out and have a little fun yourself from time to time.



### Safety

Safety is an area you must always be concerned about. Your job is total protection. Car seats are a very important investment. Car crashes are the number one killer of children. Information about car seats are posted in the office and discussed in the Pediatric Guidebook.

Bottle propping is another danger we must caution you about. Your baby does not have the muscle control to get away from the bottle if he begins to choke. This can lead to aspiration, the breathing in of the liquid. Your baby will learn to roll over when you least expect it. So never leave him unattended in a place he could roll or scoot off of. Other areas to pay attention to are safe cribs, safe toys, and safe bathing.

Avoid sun exposure. Keep baby in shaded area in summer, and try not to have the baby out in extremely warm temperatures for long periods of time. Sun screen can be used sparingly prior to 6 months of age. Keep small objects away from your baby.

Continue to have your baby sleep on his back for safety. Keep hot liquids, cigarettes, plastic bags and sharp objects away from your baby. Do not expose children to violence at an early age. Provide age appropriate toys to enhance development. But remember there is no substitute for parent's time interacting with your infant.



### **Diet**

Your baby should be on breast milk or formula until one year of age. This provides the best nutrition for your baby and helps to prevent such problems as anemia and an overload on the kidneys. It is also recommended to wait on beginning solids until 6 months of age to prevent such problems as obesity and allergies. Formula-fed babies do not need additional vitamins other than that which is already put in the formula. Discuss with your doctor or nurse practitioner if vitamins are needed for your breast-fed infant.

### **Immunizations**

Your baby's first set of immunizations is given around 2 months of age. She will receive a DTaP (diphtheria, pertussis, and tetanus), HiB (Hemophilus influenza), Hepatitis B, and a polio vaccine. The pneumococcal vaccine is now available starting at the 2-mo visit. This is a series of shots given at 2, 4, 6, and 12-15 months. Some common reactions are: fever, fussiness, sleepiness, redness, and/or minor swelling at the site of the shot, or no reaction at all. These reactions can last up to 48 hours. If baby has a fever after this period, it is not from the vaccination, and all infants up to 6 months of age with a fever should be seen in the office.



### **Illnesses**

Illnesses should be taken more seriously at this age than at later ages. You should have a thermometer at home and learn how to use it. For more information about how to recognize illness to your hand-outs on treatment of colds and recognition of emergency symptoms, or call our office if you have any questions.