

2 Month Checkup

Date: _____

Weight: _____

Height: _____



“Instead of putting a blanket over my baby at night, I put her in a blanket sleeper, which keeps her warm and safe.”

-Kaiser Permanente Member

Your baby may be ready to ...

- coo, gurgle and sigh
- smile back when you smile
- respond to voices
- push up with arms when on stomach

Feeding

- Breast milk is the best food for your baby and all the nutrition your baby needs for the first 6 months of life.
- Breastfeed your baby “on demand.” Let your baby decide when and how long to nurse.

- If you breastfeed only, give your infant vitamin drops containing vitamin D every day to help develop strong bones. Follow the directions on the package. Continue giving the drops until your baby is weaned and getting enough vitamin D from formula (before 12 months) or whole cow’s milk (after 12 months).
- If you don’t breastfeed, use formula. Feed your baby about 2 - 4 ounces every 2 - 4 hours.
- Do not warm bottles in the microwave. Hot milk can burn the baby’s mouth.
- Always check the temperature of the formula by placing a few drops on your wrist before feeding.
- Do not give baby honey in the first year of life. Honey can make your baby sick.

Healthy habits

- Protect your baby from whooping cough. Whooping cough (also called pertussis) is a serious contagious disease. Whooping cough can cause babies to stop breathing or to cough so much that they can’t breathe.
- All adults who come into close contact with infants younger than 12 months of age should get the Tdap booster shot, which helps protect against whooping cough. This includes parents, grandparents, teen siblings, and day care workers.
- Do not smoke or expose your baby to smoke. Smoking increases the risk of SIDS (crib death), ear infections, asthma, colds, and pneumonia.
- Take your baby for walks.
- Your baby needs to spend time on his/her tummy: try propping him/her up on a rolled towel on the floor to help his/her neck and arms get stronger. “Tummy time” helps prevent skull deformities (“flat head”). Also, turn your baby’s head to a different side each time you put him/her down to sleep or nap.

- It’s best to keep your baby out of the sun completely. If protective clothing and shade are not available, use a broad spectrum (UVA and UVB protection) sunscreen on small areas of the body, such as the face and the backs of the hands.
- Children under age 2 should not watch TV or videos. Too much TV may negatively affect early brain development.

Safety

- **Avoid SIDS (crib death).** Put your baby to sleep on his/her back (not on the side or stomach). Place on a firm, flat mattress in his/her own crib. Babies should sleep near their mothers in a safe crib, but not in the same bed. If you have questions about bed sharing, talk to your doctor or nurse practitioner.
- **Remember the car seat.** Use it for every ride. Install properly in the back seat facing backward.
- **Avoid falls.** Do not leave your baby alone on a bed, sofa, or table.
- **Avoid burns.** Lower water heater temperature to warm or low (below 120°F). Always check water temperature by placing a few drops on your wrist before putting your baby in a bath. Do not drink hot liquids when you are near your baby.
- **Install smoke and carbon monoxide detectors and check them regularly.**
- **Choose safe toys.** (See other side.)
- **Never leave your child unattended with any animal, even family pets.** Learn to recognize signs of aggression in your pets.

Parenting

- Hold, talk, and sing to your baby often.
- Never leave your baby alone at home, in a car, or in the bathtub.
- Help your baby develop good sleep habits. (See other side for details.)
- Never shake your baby. Shaking or spanking a baby can cause serious injury and even death.

Safe toys

Always choose toys made for your baby's age.

- Don't allow toys that are smaller than $1\frac{5}{8}$ inches across, or that have small removable parts. They could be swallowed and cause choking.
- Check stuffed animals and dolls for loose eyes and noses. Remove all ribbons.
- Don't allow toys with strings, cords, or necklaces, and don't string toys across the crib. These could get wrapped around your baby's neck and cause the baby to choke.
- Don't allow toys with sharp or pointed edges.
- Don't allow old painted toys. They might contain lead.

Preventing sleep problems

- When your baby gets drowsy or sleepy, place him/her in the crib. Some babies cry before falling to sleep, and 15 to 20 minutes of fussing is okay.
- Don't let your baby sleep for more than 3 hours in a row during the day. Long naps can interfere with the baby's sleep during the night.
- Encourage your baby to spend more time awake during the day by playing actively with him/her in the afternoon and early evening.
- Feed your baby right before bedtime. If breastfed, increase the amount of time that the baby nurses. This will help the baby sleep longer and not wake up too early because of hunger.
- Make middle-of-the-night feedings brief and boring. Leave the lights off, don't talk, or play.
- Don't change the baby's diapers during the night unless soiled or unless the baby has a diaper rash.

Safe sleeping

- Avoid SIDS (crib death). Put your baby to sleep on his/her back (not on the side or stomach). Place your baby in his/her own crib with a firm,

flat mattress. Do not put your baby to sleep on soft surfaces (quilts, blankets, pillows, or comforters).

- Do not use a crib with drop sides. Check used cribs carefully to make sure they meet current safety standards.
- Avoid overheating the room where your baby sleeps.
- Do not smoke or expose your baby to smoke. Smoking increases the risk of SIDS.
- Babies who sleep with pacifiers during the first year may be less likely to experience SIDS (crib death). Offer the pacifier when you put your baby down to sleep at nap or bedtime. Once your baby is asleep, do not re-insert the pacifier into baby's mouth.
- If your baby doesn't want the pacifier, don't force him or her to take it.
- Pacifiers should not be dipped or coated in anything sweet.

Returning to work

Can I still breastfeed after I return to work?

Breast milk is your baby's best source of nourishment. You are encouraged to breastfeed your baby for the first year of life. Consider some ways working women continue to breastfeed:

- Extend maternity leave to have more time to get breastfeeding well-established.
- Nurse your baby once or more during the work day if the baby is nearby.
- Work at home, reduce hours to part-time, or try a flexible schedule at first.
- Breastfeed before going to work and upon returning home.
- Express milk at work—usually every 3 to 4 hours in a private area (lactation room or office).
- Refrigerate milk or use a small cooler and ice packs to keep milk cold until you get home.
- Choose a caregiver who supports breastfeeding.

How to find good child care

The following resources can help you choose safe, high quality child care.

- TrustLine provides a California registry of in-home childcare providers who have passed a background screening (1-800-822-8490; www.trustline.org).
- Child Care Aware provides information on high quality child care and on local referrals (1-800-424-2246; www.childcareaware.org).
- Your local child care resources and referral (R&R) agency offers a wealth of information. Check your yellow pages. (*Depending upon your income, the state may provide assistance in paying for child care.*)

Other resources

Websites

Kaiser Permanente
kp.org

American Academy of Pediatrics
healthychildren.org

La Leche League International
lalecheleague.org

Books

Caring for Your Baby and Young Child: Birth to Age 5—American Academy of Pediatrics
Nursing Mother, Working Mother—Gale Pryor

Contact your local Health Education Department or Center for health information, Healthy Living Programs, and other resources.

Please share

this handout with anyone who takes care of your child

 The next checkup is when your baby is 4 months old.

 Immunizations (shots) are recommended at the next visit.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your child's physician or other health care professional. If your child has persistent health problems, or if you have additional questions, please consult with your child's doctor. If you have questions or need additional information about your child's medication, please speak to your pharmacist. Kaiser Permanente does not endorse the medications or products mentioned. Any trade names listed are for easy identification only.