



Infant Care Tips: Two Months

Baby can:

- Coo and gurgle.
- Smile.
- Focus both eyes on your face or some object and follow it.
- Hold head a little more steady.
- Enjoy being held or propped upright to see what's going on around him.

Safety

- Never leave your baby alone in the bath. Never leave your baby alone in the car.
- The safest place to leave your baby alone is a crib or a playpen with rails up. He will soon roll over by himself. A baby can scoot or roll off the sofa or adult bed very fast. Remember, no extra padding, comforters, pillows or stuffed animals in the crib or playpen.
- Do not lay your baby on very soft surfaces like beanbag chairs, sofas, feather mattresses, waterbeds or down comforters.
- Baby should sleep alone in crib or playpen.
- Make sure you have a working smoke alarm outside bedrooms and on every floor in your home. Test the batteries monthly.

Feeding

Baby needs:

- Breast milk or formula with iron.
- Breastfed babies do not need water.
- You can give formula-fed babies water for thirst or constipation, otherwise it is not necessary. If you decide to give your baby water, one or two ounces is enough.
- If your baby takes formula he needs about 21 to 35 ounces of formula daily.

Be good to your baby:

- Hold and cuddle your baby at each feeding.
- **Do not** feed cereal or jar food yet.
- **Do not** add cereal to the bottle.
- No bottles in bed at any age.

Is your baby on WIC? If not, ask about the WIC program, which provides breastfeeding support, nutrition counseling for newborn babies, and supplemental formula, baby cereal and juice as the baby grows older. Call 336-641-3214 in Greensboro and 336-641-7571 in High Point.

Remember – Extra iron and vitamins are not needed when your baby is taking an iron-fortified formula. If you are breastfeeding, ask your health care provider if you need to give vitamins to your baby. You can come to the Health Department to get Poly-Vi-Sol (Vitamin D) from the WIC office.

Dental Care

Even though your baby doesn't have teeth yet, you will still need to clean baby's mouth. You can do this by using a terry cloth, washcloth or gauze. Over-the-counter products for teething pain are not recommended by doctors.

Bathing

Your baby may enjoy bath time now; splashing, cooing and playing. Check the water with your hand to be sure it is warm but not too hot for your baby.

Immunizations

Your baby will get shots this month. Immunizations are important. They protect your baby from developing serious, life threatening diseases. Ask your health care provider or visit www.cdc.gov/vaccines for a complete list.

Reactions to shots – Many babies have no reactions to their shots. Some babies may become fretful and irritable for 2 days after the shot. Many babies will have a slight fever of 99 to 100 degrees. A few babies will show a fever of 101 degrees to 103 degrees Fahrenheit for 2 days and get a lump, redness or swelling at the spot where the shot was given.

What to do:

- For fretfulness – extra holding, rocking and loving.
- For a fever – a lukewarm bath and one dose of non-aspirin fever medicine such as Tempra® or Tylenol® Syrup. Consult your medical provider for dose amount. For a fever over 100.4, call your child's health care provider.
- For swelling at the shot site, apply a cold cloth several times the first day followed by warm cloths and a massage the second day.

Play

You and your baby can enjoy playing. Let your baby listen to the radio. Let your baby kick with no clothes on. Put up a bright-colored mobile or picture by the crib, but keep these out of baby's reach. Talk and sing to your baby. Babies like to be held and rocked. When awake, keep your baby in the room with you (where things are going on).

Did you know?

Babies enjoy sucking. Thumb sucking or a pacifier may help calm your baby and is not harmful at this age. Babies do not actually need anything except breast milk or formula for the first four or five months of life.

For more information contact Guilford County Department of Health and Human Services, Public Health Division at 336-641-7777 or www.myguilford.com