

CMA 2 Month Well Baby Visit

Development

What most babies do by this age:

- Smiles when you talk or smile at them
- Looks at your face
- Calms down when spoken to or picked up
- Makes sounds other than crying
- Reacts to loud sounds
- Watches you as you move
- Looks at a toy for several seconds
- Holds head up when on tummy
- Moves both arms and both legs
- Opens hand briefly

Feeding/Nutrition

- Breast or bottle feed on demand (average baby takes 24-32 oz/day or nurses 7-10 times/24 hr)
- Vitamin D supplement of 400IU/day is advised if mainly breastfeeding or taking less than 32 oz formula daily
- Do not prop bottle, or put to bed with bottle
- Wait until 4-6 months before solids
- No honey or cow's milk until after first birthday
- No fruit juice

Sleep Help

- **Place on back to sleep**
- Place baby in crib when drowsy, but still awake
- Babies sleep about 14-16 hours or more per day
- Develop nighttime ritual
- Wait a few minutes before responding to your child's fussing at night

Hygiene

- Use mild soaps (Dove, Aveeno, Baby washes)
- Bathing 2-3 times a week or more is ok
- Only use q tips in outer areas of ears
- Keep fingernails short
- **Maintain good hand-washing practices**

Safety

- Always use car seat rear facing
- Adjust water temp to less than 120 degrees to avoid burns
- Never leave baby unattended on any surface above the floor
- Never leave baby alone in house, yard, or car
- Never warm bottle in microwave oven; it can have hot spots that can burn baby, as well as alter nutrients in the milk/formula.
- **NEVER** shake the baby (can cause permanent brain damage)
- Avoid smoke in baby's environment; has been linked to asthma, ear infections and SIDS
- **Have baby sleep on her back to prevent SIDS**
- Nothing in crib such as comforters, pillows, stuffed animals etc. until 1 years old
- Avoid too much sun exposure--use sunscreen SPF 15 or higher if outside for extended period of time
- Install/Check smoke detectors in the home
- Infant walkers are not recommended
- Avoid holding baby while you are cooking or holding hot beverages
- Keep Emergency numbers and Poison Control numbers near phone at all times
- Poison control: 1-800-222-1222
- Keep crib away from window and curtain cords

Stimulation/Activities

- Consistent routines
- Going outside for rides and walks
- Being sung to, talked to, and cuddled
- Sucking on pacifier or thumb
- Rattles and squeaky toys
- Mirrors and pictures of faces
- Bright colored patterns/ black and white geometric patterns
- Music
- Crib toys to bat at
- Dangling toys
- Tummy time (may not like at first, but it's good for their muscle development)
- Infant Massage

*Next Well Baby Visit at 4 Months

*See CMA links page for more helpful health information: www.cmanva.com