

Additional Information

Today's Date: _____

Baby's Height: _____

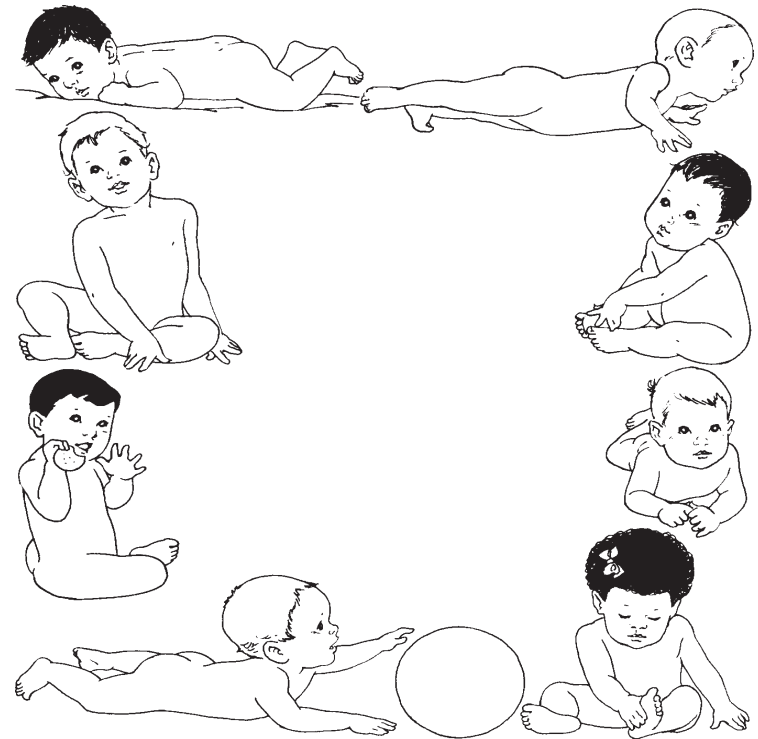
Baby's Weight: _____

Baby's Head Circumference: _____

Special Instructions: _____

Next Appointment: _____

Kent County Wants Healthy Babies



Your Two Month Old



Kent County Health Department
Maternal Infant Health Program
700 Fuller Ave., NE
Grand Rapids, Michigan 49503
616/632-7100
www.accesskent.com

Revised 8/08

Kent County Health Department
Maternal Infant Health Program
Childhood Education Series

How Your Baby is Growing

Head - your baby's top soft spot is still open and flat. The back soft spot will usually close by six weeks.

Neck - your baby's neck is getting stronger. He can lift his head easily when he's on his tummy and look around.

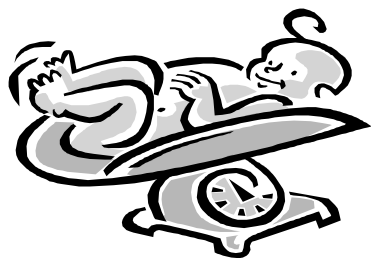
Eyes - your baby's eyes can move together now although they still may cross when he's tired. He can follow a moving object in front of him and he will focus on your face.

Ears - your baby knows your voice and will begin to answer you with sounds like "ah-goo" and "uoooh-oooh". Talk to him when he makes these sounds and he might answer you!

Mouth - your baby can smile and even laugh and squeal in delight. He is starting to copy the sounds you make. Drooling may start around 10 weeks.

Movement - your baby's legs are beginning to straighten. His kicks are getting stronger. If you put a rattle in his hand, he will be able to hold it for a short time. He may start to roll from side to side.

Growth - your baby should gain 1 1/2 pounds and 1 to 1 1/2 inches this month.



Topic of the Month Rashes

Rashes can be caused by infections or contact with something that irritates the baby's skin (soaps, lotions, fabrics, diapers). Common rashes you may see at this age are diaper rash, infantile eczema and cradlecap.

Infantile eczema usually starts between two and six months of age and may go away on its own by three years of age. It tends to run in families. It is itchy, dry skin and may be red and scaly. It is important to keep the skin moist and away from the things that irritate it. It may help to use a moisturizer like vaseline or Eucerin. If you use a moisturizer, put it on right after his bath. Your baby may be fussy because of the itching.

Diaper rash may happen to your baby from time to time for many different reasons. It is important to keep him as clean and dry as possible. Wash his diaper area each time you change his diaper. Washing with plain, warm water is best. Leaving the diaper off for 10 minutes to air dry the area may help. Applying a medicated ointment or vaseline will also help to heal and protect the skin.

If the rash isn't getting better after two or three days or your baby doesn't seem well, call his doctor.



Your Baby's Safety

Always know where your baby is and what he is doing!

Burns

Do not smoke, drink hot beverages, or cook while holding your baby.

Keep your baby in a smoke free environment. Do not let anyone smoke around him.

Test the water temperature before giving your baby a bath. Test the water with the inside of your wrist. Use warm, not hot, water.

Falls/Injuries

Do not leave your baby alone on a couch, a changing table or your bed.

Never put anything around your baby's neck (small toy, pacifier, necklace). It could accidentally choke him.

Never tie toys to your baby's crib. He could strangle.

Keep your baby's infant seat on the floor. Use the safety straps that come with a stroller or bouncy seat.

Do not prop a bottle for feeding - he could choke.

Closely watch your baby when an animal or young child is in the room.

Remember to continue to use an approved rear-facing infant car seat. The seat must be held tightly by the seat belt for it to be safe.

Crib

Put your baby to sleep on his back on a firm mattress.

Keep the crib away from blinds or curtains.

Remember to have at least one working smoke detector in your home!



Interacting with Your Baby

Play is fun and will help your baby to learn, but even the best toys are useless if he doesn't have you to play with.

Sight

Show your baby simple pictures, books and toys.

Babies love to watch things that move. Move a rattle in front of your baby and watch his eyes follow it. Hang a mobile. Blow bubbles. Take him out to see the world. Try not to just put him in front of the television.

Smile and laugh when your baby smiles or coos.

Hearing

Listen to music with your baby. Dance, sing or read to him.

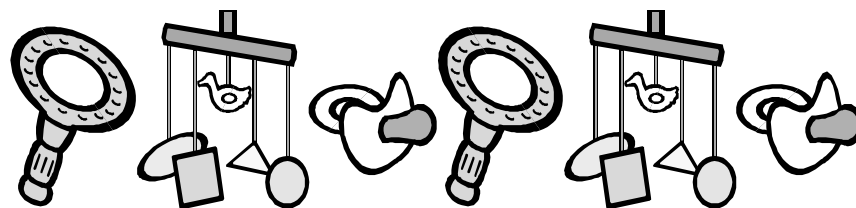
Muscle Development

Let your baby hold a rattle or your finger. Give his hands plenty of freedom. Don't keep them covered. Let him touch and feel with his fingers.

Continue to let your baby exercise his arm, leg and neck muscles while he plays on his tummy. Change his position often. Babies kept in a swing or baby seat will have little chance to find out how their bodies work.

Touch

Touch and stroke your baby often. Give him your full attention, but watch him for cues. Sometimes talk, music, or play can be tiring. When he looks away, closes his eyes or becomes fussy, give him some quiet space.



SLEEP

Sleep Patterns

Babies will continue to wake every three to four hours.

Your baby may need 15 to 16 hours of sleep every 24 hours. Some babies seem to need less.

Sleeping through the night means not waking up for five to six hours.

Make night feedings a calm and quiet time for your baby.

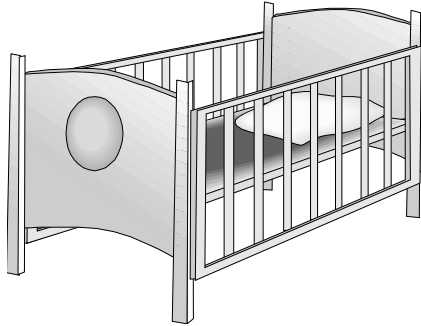
It's common for a baby to fuss before falling asleep.

Your baby's sleep habits begin now. Bad habits can be hard to break later. Try to get him used to falling asleep on his back in his own bed.

Sleep Practices

Your baby needs to learn to fall asleep on his own.

- Put him in the crib when he is sleepy but still awake.
- Say goodnight and leave the room.
- If he cries, wait a few minutes.
- If he continues to cry, go back to his room but leave the light off and don't pick him up.
- Talk to him in a quiet voice and gently rub his leg or chest. Change him if he's wet, give him his pacifier if he uses one, and tell him you love him.
- When he quiets, say goodnight and leave the room.



Repeat this until he falls asleep. It may take a few days for him to get used to this routine.

Feeding Your Baby



Always hold your baby during feedings. Relax and enjoy your time together.

Breast milk or formula is all your baby should have. He doesn't need water bottles. He gets all the water he needs from breast milk or formula.

Cereal should not be added to his diet unless it is recommended by the doctor.

Your baby may have a growth spurt. He may begin to eat more. Feed him until he is full. He will let you know he is full by:

- refusing to take more
- arching his back
- turning his head
- falling asleep

Remember your baby doesn't need to have a bowel movement every-day. He probably is not constipated if the stool stays soft.

