

## PAVILION POINTS TO REMEMBER: 2 MONTHS

### Nutrition

- During this time, breastmilk or iron-fortified formula is the only nutrition your baby needs.
- Breastfed babies are fed every 8-12 hours over a 24 hour period. If breastfeeding, give baby Vitamin D daily (400 iu) and breastfeeding mothers should continue pre-natal vitamins.
- Formula fed babies are fed 6-8 times with an average volume of 24-28 ounces in 24 hours.
- Hunger cues include: sucking, rooting, putting hand to mouth
- Signs your baby is full: turning head away, closing mouth, extremities relaxed
- You can expect 6-8 wet diapers and stools can vary. Stools tend to be less frequent at this time. Breastfed babies can go 7 days without stooling. No need to worry if bowel movements are soft.

### Development

#### Gross Motor

- Lifts head and chest when on tummy time
- Begins to hold head steady when held upright

#### Fine Motor

- grasp rattle in hand, moves fingers

#### Language/Communication

- Socially smiles 😊; focuses and tracks faces when moving in a room
- Makes noises when pleased or upset
- Makes cooing noises

### Sleep

- Babies tend to have more waking hours at this age. At this age, babies typically sleep 14-16 hours total with 2-3 naps during day. Continue to place baby on back to sleep. Lay baby down to sleep while drowsy, but not asleep.
- At this visit, we can discuss initiating a sleep routine to fit family's needs.

### Safety

- Use rear facing car seat in back seat, never place baby in front seat.
- When changing baby, be sure to keep one hand on baby
- Lay baby on back to sleep, and avoid placing anything else in crib (i.e. pillows, stuffed animals, heavy blankets)
- Keep small objects away from baby
- Never leave baby unattended in bathtub and make sure temperature is set below 120 degrees
- Avoid sun exposure. Sunscreen is not recommended until 6 months of age.

### What to expect at this visit:

- At this visit, we will measure your child's height, weight, and head circumference
- Today, vaccines will include Pentacel, PCV13, Rotavirus, Hep B. During this visit, you can discuss any questions or concerns you may have which we always encourage you to do.
- Your babies next well visit will be at 4 months of age. Vaccines at this visit will include: Pentacel, PCV13, Rotavirus.

