

Caring for your 2-month-old baby

Name _____ Weight _____ Height _____ Date _____

Keep Your Baby Safe

Use a Car Seat Install it properly in the back seat facing backwards.

Use a Safe Crib

- Make sure the space between the slats is less than 2½ inches.
- Don't use a crib with sharp edges that your baby can hit.

Prevent Suffocation

- Place your baby on his back to sleep.
- Don't string toys across the crib or playpen.
- Don't give your baby toys with small, removable parts (like buttons) or toys that fit completely in her mouth.
- Don't put strings or necklaces around your baby's neck.
- Don't leave your baby on a waterbed or beanbag pillow.

Prevent Falls, Burns and Drowning

- Don't leave your baby alone in water, with young children or pets.
- Don't leave your baby alone on a changing table or any other surface that he can fall from.
- Don't use walkers.
- Set the water heater thermostat so that the water is not hotter than 120°F.
- Make sure you have smoke detectors on your ceiling. Check twice a year to make sure they work.
- Keep your baby away from hot things (like cigarettes or an iron).
- Don't hold your baby when you are drinking something hot (like coffee).
- Protect your baby from sunburn.
- Never shake, toss or hit your baby.

Provide Healthy Nutrition

- Breast milk or infant formula is all your baby needs. A healthy baby does not need vitamins.
- Talk with your health care provider if your baby uses a "low iron" formula.
- Feed your baby every 2 to 4 hours. Keep nighttime feedings quiet and as short as possible.
- Don't prop a bottle in your baby's mouth.
- Spitting up is normal. Burp frequently to decrease the amount your baby spits up.
- Don't give solid food.
- You don't need to warm up refrigerated formula, but your baby may like it more.

Practice Healthy Parenting and Care-giving

Care for Yourself

- Sleep when your baby does.
- Make some time for your self each week by letting someone else care for the baby.

Remember the Family

- Try to set aside special time for other important people in your life.
- Talk with your sex partner about birth control. Ask yourselves, “How many children can we care for?”

Encourage Healthy Development

- Play with and hold your baby as much as possible—you cannot spoil her.
- Excite your baby’s sense of sight. Give her an unbreakable mirror to look at. Move objects (like your face or a toy) slowly in front of her face.
- Excite your baby’s sense of touch. Let her touch objects with different textures (like soft, hard, glossy or furry).
- Excite your baby’s sense of hearing. Talk and sing to her. Give her objects that make noise (like a bell or rattle).
- Strengthen your baby. Play with her on her stomach.
- Never yell at your baby.

Deal With Crying

- When your baby cries, ask yourself, “Is my baby hungry? Does he want to be changed? Does he want to be held? Is he too *stimulated* (from too much touch, noise or light)? Is he in pain (like from gas in the belly)? Does he have a fever?”
- Don’t feed your baby every time he cries. Don’t use a pacifier every time your baby cries. Use it only when you think she needs to calm herself.

Sleep

- Place your baby on his back in the crib when he is drowsy but still awake.
- During the day, don’t let your baby sleep more than three hours in a row.
- Don’t change your baby’s diaper in the middle of the night unless she has pooped or has a rash.

Clean Your Baby

- If your baby boy is uncircumcised, don’t try to pull back his foreskin.
- Bathe your baby every other day, at most. Use warm water and mild baby soap.

Prevent Sickness — Identify It Early

- Keep your baby away from cigarette smoke. Do not smoke with the baby in the car; do not smoke in the home.
- Don’t let someone touch your baby unless he first washes his hands.
- Call the clinic right away if your baby has a fever, is coughing a lot or may be dehydrated. A fever is a rectal temperature of 100.4°F or higher. A dehydrated baby has fewer than five wet diapers a day, cries without making tears, or has dry lips and a pasty mouth.

Your baby’s next visit is when he is about 4-months-old. At this check-up he will get his second set of immunizations (shots). Remember to bring your baby’s shot record with you. Read the shot handouts given to you today before the next visit. Bring either acetaminophen or ibuprofen for infants with you to the next visit.