

Kids First Pediatrics on 30

2 Months

What should my baby eat? DO NOT USE MICROWAVE TO WARM FORMULA OR BREASTMILK!

- Breast feed or bottle feed every 2-3 hours during the day
- If on formula, make sure that it is iron-fortified formula
- When feeding, hold baby in a semi-sitting position, no bottle in bed
- No solids until 4-6 months

What should I expect from my baby?

- coos & vocalizes back to you -attentive to voices -smiles responsively -likes interaction with caregivers
- when on tummy lifts head, neck & upper chest on forearms -some head control in upright position
- Crying/colic (usually evening time), sleeping, personality, straining with stools, lots of gas

What should I do about crying?

- 2 to 3 hours of crying a day is normal in the first 3 months
- Check to see if the diaper needs to be changed/is baby hungry?
- Console baby by talking to and holding him/her
- Your baby may be colicky, so ask your pediatrician for suggestions

How can I keep my baby safe and healthy?

- Always buckle your baby into a rear-facing car seat. Your baby is safest in the backseat, away from airbags (Middle backseat is best!)
- Always put the baby on his/her back to sleep!** & ensure that baby's mattress is firm/fits snugly to the crib
- Always keep one hand on your baby; Never leave baby alone in a tub of water, changing table, sofa, bed, or any other high places; Baby really can roll off!
- Make sure the baby's environment is smoke-free, and there is a Carbon Monoxide detector
- In Summertime keep baby protected from sun. No sunscreen yet- use sunhats/bonnets

What are some signs that my baby is sick?

- Spitting up, sneezing, and hiccups are normal
- Do not give your baby any medications unless your pediatrician tells you to!
- Signs of illness include: fever (higher than 100.4), failure to eat, vomiting, diarrhea, unusual irritability, and coughing
- Always call the office with any questions or concerns 219-322-8534

By 4 months, what should my baby be able to do?

- Hold head erect & raise body on hands -Control head well -Roll from tummy to back
- Recognize your voice & touch
- Has spontaneous social smile
- May sleep at least 6 hours
- Baby will use hands more and have better head control

When is my baby's next checkup?

Your next appointment will be at 4 months. Your baby will receive the Pediarix (DTAP, IPV, Hep B), Rotavirus, Hib & Prevnar vaccines. If your insurance doesn't cover AAP recommended immunizations- you can always get them at the health department. Just ask us for info if you need it. **Remember to bring all medications, vitamins, and other supplements you give to your baby to every appointment with a list of any questions or concerns that you may have.**