

# 2 Month Newsletter



Well Child appointments can be made online at [ARCPediatrics.com](https://www.arcpediatrics.com).

Your baby's length, weight, head size, along with health screens and immunizations performed will be in the **After Visit Summary**.

Click on the Visit icon in MyChart to see the After Visit Summary related to this visit.



## Quick Tips for Parents

- Feed your baby on demand. Let them decide how much they need.
- Feed your baby only formula or breastmilk, unless directed by your doctor or APC.
- Stooling patterns vary for babies and straining while stooling can be normal.
- Have your baby sleep on their back, only on a firm mattress made for babies.
- Give your baby Vitamin D, if they are drinking breastmilk.
- You can prevent your baby from getting a flat head: change their head's direction when they are sleeping and being held. Put your baby on their tummy when awake throughout the day.
- Never leave your baby alone on beds or sofas; they can start rolling over.
- Take care of yourself in order to care for your baby. Ask for help if any post-partum depression.

## NUTRITION

### Feeding Patterns



Infants' needs vary greatly. Rigid feeding schedules are not recommended for breastfed or bottle fed young infants.

Babies generally self-regulate well, so respond to your baby's hunger and fullness cues when determining how much and how often to feed your baby. Signs of hunger and fullness are listed below.

#### Hunger Cues

- Becoming more alert
- Putting their hand or fingers in their mouth
- Making sucking motions
- Sticking out their tongue
- Smacking their lips
- Kicking or squirming
- Rooting (moving their jaw and mouth or head in search of mom's breast)

#### Fullness Cues

- Spontaneously releasing the nipple
- Moving their head away from the nipple
- Closing their lips when the nipple is reinserted
- Slowly sucking
- Falling asleep

Most breastfed infants continue to need 8 to 12 feedings in 24 hours. Many breastfed

infants are still waking up frequently at this age, while others may start sleeping one slightly longer stretch at night. As long as growth is appropriate, a variety of sleep patterns is still appropriate.

In general, most bottle fed infants still feed every 3–4 hours. An average two month old drinks approximately 26–30 ounces of formula a day.

By 4 months, most babies take in closer to 32–36 ounces a day. But it's more important to feed your baby based on their cues of hunger and fullness, rather than adding up to a consistent amount each day. Each baby and each day is different.



### Breastfeeding and Return to Work

If you plan to return to work and someone else will be caring for your infant, building a supply of breastmilk in your freezer 3–4 weeks before returning to work is a good idea. There is no need to fill the freezer; prepare by having about 4–5 feeds worth of milk in storage.

### Until 4 months of age: Your baby only needs breastmilk or properly prepared formula.

We don't recommend you give your baby water at this age, unless you are told to do so by your pediatrician or advanced practice clinician (APC). We don't recommend giving baby food or baby cereals before 4 months of age, as this can cause excessive weight gain and is not healthy. Especially avoid putting cereal in your baby's bottle, unless directed by your physician or APC.

There are detailed guidelines on formula preparation in our ARC Newborn handbook. You can also read more here. Caution: Some automatic formula machines have been found to create formula that is mixed improperly. This could lead to your baby gaining too little weight.

### Vitamin D Supplementation for Breastfed Infants

**The recommended daily dose of vitamin D from birth to 12 months is 400 IU (International Units).**

Vitamin D is needed to develop and maintain strong bones as well as fight infections and help prevent serious conditions like cancer and diabetes.

There are a number of over-the-counter vitamin D only products that you may choose from. Make sure you follow the manufacturer's dosing recommendations.

At Austin Regional Clinic, our pediatricians, family physicians, and APCs support and strongly recommend vaccinations for all new and established patients.

## Iron Supplementation for Premature Breastfed Infants

Breastfed premature infants need iron supplementation from 1 to 12 months of age. Ask your baby's doctor or APC about the possible need for iron drops if your baby was born premature.

## Diapers

Once feeding has been established, 6 or more wet diapers in 24 hours shows that your baby is taking in enough breast milk or formula. There is a wide range in stooling patterns for babies. Many have about 2–3 stools each day, but some have more frequent stools or can go 2–3 days before having a bowel movement.

Babies may fuss, grunt, bear down, or turn red and strain while stooling. This is normal and is not necessarily constipation. Normal stools can vary in color and consistently. Please contact us if your baby's stools are hard or it is difficult to pass.

## CARE OF YOUR CHILD Immunizations

Medical experts agree that the development of effective vaccines are among the most important medical advancements of the 20th century. Before vaccines, parents in the United States could expect that every year:

- Polio would paralyze 10,000 children.
- Rubella (German Measles) would cause birth defects and mental retardation in as many as 20,000 newborns.
- Measles would infect about four million children, killing 3,000.
- A bacterium called Haemophilus influenza type b (Hib) would cause meningitis in 15,000 children, leaving many with brain damage.
- Pertussis (whooping cough) would kill 8,000 children, most of whom were under the age of two.

Today, thanks to the development of vaccines and their widespread use, the frequency of such diseases has dropped significantly. However, these illnesses do still exist and are only a plane flight away. It's important that we keep our babies safe from these diseases.

At today's visit, your baby will receive vaccines. The current immunization schedule is in the ARC Newborn Book and on [ARCPediatrics.com](http://ARCPediatrics.com).

Most common vaccine side effects at this age include increased drowsiness, fussiness, or fever. If your child has extreme crying or high fever, you can give acetaminophen (Tylenol). Those signs should get better within an hour of giving the dose of acetaminophen.

If symptoms last longer than 24–48 hours, contact your doctor or APC. Ask your medical care team if you have any additional questions about vaccines or side effects.

## Baby's First Cold

A "cold" or upper respiratory infection is a sickness caused by a virus that affects the nose and throat. Most healthy children get at least six colds a year. Children in daycare often get more than this.

As of yet, there are no medicines that can cure a cold, so we can only treat the symptoms.

- **Over-the-counter cough and cold medications are not recommended for infants and toddlers.**
- To help nasal drainage, use saline nose drops and a bulb suction or other suction device to clean the nose. You will especially want to do this before feedings so that your baby can both drink and breathe at the same time.
- If your baby feels warm, measure their temperature with a rectal thermometer. **Infants 3 months or less with a temperature of 100.4° F or greater measured rectally need to be seen by a physician or APC (unless they have had vaccination in the last 36 hours). Young infants with fever need a medical evaluation.**
- When babies are sick, they can reduce how much they are drinking. Make sure to write down when your baby has a wet diaper and call for an appointment if they happen less than every six hours.
- Most healthy infants who stay hydrated, are making wet diapers, and do not have signs of true breathing distress will be able to recover from viral "colds" on their own after a few days.

Please let your doctor or APC know if you see your baby is:

1. Having a fever more than 100.4 rectally.
2. Breathing quickly (more than 60 breaths per minute) for more than a few minutes and while baby is calm.

3. Retracting (sucking in of the muscles of the chest so that you can see each rib).
4. Nasal flaring with every breath (opening the side of the nostrils with every breath).
5. Eating less than usual and this causes them to not wet a diaper at least every 6 hours.

## SLEEP Back for Sleep

Keep your baby safe by always having your baby sleep on their back. They should sleep on a flat, firm mattress.



Babies should not sleep in inclined seats, nests, or loungers. Baby sleep positioners (or anti-roll pillows) are also not safe. There should be nothing around your little one while they sleep, including blankets, pillows, or stuffed animals.

It is safe, however, to continue swaddling tightly if this helps your baby sleep better.

## Typical Sleep Patterns

At about 6 weeks of age, most infants begin to establish better day/night patterns. They sleep more at night and remain alert for longer periods in the day.

**"Sleeping through the night" at this age generally means sleeping for one 4–6 hour stretch.** During the day, most 2 month olds take at least three 1–2 hour naps, for about 15 hours of sleep a day.

**The following measures can help your baby sleep better:**

- **Teach your baby to fall asleep on their own.** If possible, try placing them down to sleep while drowsy but not quite asleep. Set a bedtime. Over the next few months, some babies will learn to "self-soothe." If you always rock your child to sleep or allow your child to fall asleep while feeding, consider trying to put them down awake but drowsy in their crib.
- **Establish a predictable and soothing night bedtime routine.** Bathe, spend a few minutes "reading" a picture book, sing a gentle song, say goodnight to family members, toys, or pictures in the room.
- **Nighttime feeding should be calm, quiet, and brief.** Change the diaper if necessary, then feed, burp, and return your baby, in a comfortable, sleepy state, to their crib while still awake.

## SAFETY

### Falls

Babies wiggle and move and push against things with their feet as soon as they are born. Even these very first movements can result in a fall.

As your baby grows and is able to roll over (sometimes as early as 2 to 3 months, but more commonly closer to 4 months), they may fall off of things unless protected.

Do not leave your baby alone on changing tables, sofas, beds, or chairs. Put your baby in a safe place, such as a crib or playpen, when you cannot hold them.

Always buckle your baby in place while in any infant seat, carrier, or stroller. Many infants have had serious falls when left for “just a minute” or when the parent forgets and picks up the child in an unsecured carrier.



### Burns

At 3 to 5 months, babies will wave their fists and grab at things. To avoid burns, never carry your baby and hot liquids, such as coffee or foods, at the same time.

If your baby gets burned, immediately put the burned area in cool (not ice cold) water. Keep the burned area in cool water until they stop crying, then cover the burn loosely with a bandage or clean cloth and call your baby's doctor or APC.

To protect your baby from house fires, be sure that you have a working smoke alarm in your home.

Test the batteries in your alarm every month to make sure they work. Change the batteries at least twice a year on dates that you'll remember, like the day that time changes for Daylight Saving and Standard Time.

Sun exposure can also burn your child. For infants under 6 months, it's important to avoid direct sun exposure, especially from 10am to 4pm. Use a wide brimmed hat to shield the face and cover arms and legs with lightweight clothing.

If protective clothing and shade are not available, use sunscreen on small areas of the body that might be exposed. Sunscreens whose only active ingredient is zinc or titanium dioxide based sunscreens are preferable, if possible.

### Smoking

If you or another family member is a smoker, one of the best ways to protect your family's health is to quit smoking.

Smoking increases your baby's risk of respiratory illnesses, cancers, and SIDS.

Discuss smoking cessation with your family medical care team or consider contacting the Texas Tobacco Quit Line:



Call **1-800-QUIT-NOW**  
or visiting [quitnow.net/texas](http://quitnow.net/texas) for support.

### Car Injuries

Most car injuries can be prevented by the use of a car safety seat. Make certain that your baby's car seat is installed correctly.

Ensure you are buckling them in tightly enough, with the chest strap directly over the chest (not the stomach!).



Another common mistake is dressing your baby in coats or blankets under the car seat strap. If you need to keep your baby warm, dress them in a lighter layer, strap them in snugly, and then place blankets or layers on top of them in the car seat.

Read and follow the instructions that come with the car seat and the sections in the owner's manual of your car on using a car safety seat correctly.

Use the car safety seat every time your child is in a car. Your infant should ride in the back seat in a rear-facing car seat until 3 to 4 years old (or when they outgrow the maximum weight or height of a convertible rear-facing seat).

## HEAD SHAPE – KEEPING IT ROUND

1. You can prevent head shape problems by having your baby spend time every day lying on their tummy when awake. Babies enjoy this more when we are cheering them on and engaging with them.

Tummy time can be done with baby lying on your chest or on a safe flat surface where you are monitoring them. Place your face 8–12 inches in front of theirs, smiling and singing while they are playing on their tummy. With frequent practice, they will get more and more accustomed to tummy time.

Remember, never leave your baby up high on a bed or changing table. If your baby falls asleep, move them to a crib or bassinet and place them on their back.

2. Another tip to avoid one-sided head flattening is to alternate right and left. While baby should always sleep on their back, you can change the side on which you lay their head down to sleep. Alternating the arm you use to hold baby also helps equalize neck movement and strength on both sides.
3. If you notice that your baby prefers to move their head more to one side, try to encourage them to look the other way. For example, place your body or fun toys on the side you want them to look toward.



MyChart

**Access your children's health records online anytime!**

New parents have a lot to think about already. With ARC MyChart, you can keep track of your little one's medical records, easily book appointments, review your child's AVS (After Visit Summary) and more!

**— Enroll Today —**

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## DEVELOPMENT

Parents and pediatricians carefully note how children are growing and developing. Each checkup we'll ask you questions about these typical stages in developing language, movement, and social interactions. Please let us know during your baby's checkup if you have concerns about how they are developing.

Developmental milestones are things that most children (75% or more) can do by a certain age. The following paragraphs describe these skills we expect your baby to be doing.

It's important to know that if your baby was born before 37 weeks, we will assess their development based on their adjusted age (their age calculated from their due date). Your pediatrician or APC will help you know if their development is typical for someone who was born at their gestational age.

### Language and Understanding

Your baby's first step in language development is cooing or making sounds that are not crying sounds. **Imitate your baby's cooing and babbling sounds to build their language skills. Speak to your baby during dressing, bathing, feeding, playing, and when walking around the house together.**

### Early Childhood Intervention (ECI) Programs:

If you believe that your child is delayed or has a condition that could lead to delays, please ask your doctor to refer you.

You may also call 1-800-628-5115 or visit the ECI website at [www.hhs.texas.gov/services/disability/early-childhood-intervention-services](http://www.hhs.texas.gov/services/disability/early-childhood-intervention-services) for the ECI program closest to you.

Babies can hear well; you should notice that your little one will react to loud sounds. Your baby learns best from you. No toy or app can replace that direct interaction between a baby and their caretakers.

At 2 months old, most babies have a social smile. When smiling first begins, it occurs at random times and then grows into a social smile. That means your baby can break into a happy smile when you smile or look at them.

Another 2 month social milestone is that babies will be able to calm down when spoken to or picked up. When they are smiling at you, babies at this age will often follow your face if you move in front of them.

### Social Skills

Spend time playing, talking, singing, and reading to your baby during the day to support his continuing brain development.

Look at books with simple pictures and either bright colors or black and white high contrasting colors. In the next few months, you might see your baby reach toward books or even try to bring a bit of it to their mouth.

### Gross Motor Skills

Another area of development for babies is their movement skills. At this age, most babies can lift their head and hold it up while on their tummy. Your baby should also be moving both their arms as well as both their legs. At 2 months old, babies often keep their hands fisted but they should open them briefly.



## Reading Suggestions and Resources

All parents should have a copy of the Austin Regional Clinic Newborn Booklet. We also encourage parents to invest in one or more reference books on care of your child. Below are a few we recommend. The public library or bookstore can be helpful in deciding what book is best for you. Selected websites are also included.

### Books

***Heading Home With Your Newborn: From Birth to Reality***  
Laura A. Jana, MD, and Jennifer Shu, MD

***Caring for Your Baby and Young Child, Revised Edition: Birth to Age 5***  
The American Academy of Pediatrics

***Baby 411: Clear Answers and Smart Advice for Your Baby's First Year***  
Ari Brown, MD and Denise Fields

***The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer***  
Harvey Karp, MD

### Websites and Apps

[healthychildren.org](http://healthychildren.org)

The American Academy of Pediatrics parenting website with online articles covering many topics related to infant care and feeding.

[BFsuccess.com](http://BFsuccess.com)

This is a local lactation consultant company's page with helpful videos on breastfeeding topics.

***Vaccines on the Go: What You Should Know App***  
From Children's Hospital of Philadelphia (chop.edu)

***CDC's Milestone Tracker App***  
Track your child's development from age 2 months to 5 years.

***KidsDoc - from the AAP App***  
The KidsDoc Symptom Checker allows parents to choose from a wide range of symptoms, then follow the symptom decision chart to determine the appropriate action to take, whether it be home care or a trip to the emergency room.