



Forms:

Complete and print them for your upcoming appointment:
None

Vaccines:

We recommend the following vaccines for parents and ALL caregivers of infants:
Hepatitis B

Pentacel (contains):

1. DtaP
2. IPV
3. Hib

Prevnar
Rotavirus

2 MONTHS OLD

FAQ

Am I spoiling my baby?

It is important to know that a young infant cannot be “spoiled” by holding, cuddling, and rocking him, or by talking and singing to him. Spending time playing and talking during quiet, alert states helps strengthen the parent-child relationship by building trust between you and your baby.

What kind of activities should I do with my baby?

When babies are awake, they enjoy looking around their environment and moving their bodies. One of the first skills babies must learn is holding their head up. One of the ways babies learn to do this is through “tummy time.” Although babies need to sleep on their backs, we want to encourage them to play on their tummies. Having them lie on their father’s chest and look up into his face is a good activity in the first month. Tummy time also can help prevent the development of a flat area on the back of the head.

Age Appropriate Information

Sleep:

- Your baby is still developing regular sleep patterns. Help him by paying attention to his cues for sleep and by sticking to a regular schedule for naps and night time sleep. Infant irritability usually is due to lack of sleep.
- By this point, you may be waiting for your baby to sleep through the night. Infants usually have one long stretch of sleep during a 24-hour period. Many babies have this stretch of sleep during the daytime. You may need to help him move it to night time hours. More frequent feedings during the daytime will help him have a longer, 4- to 5-hour sleep stretch during the night.
- A separate but nearby sleep environment is recommended. Babies should sleep in their parents’ room, but not in their parents’ bed.

Feeding:

- Vitamin D (400 IU) supplements are recommended for breastfed infants beginning between 2 weeks and 2 months.
- Exclusive breastfeeding for the first 4 to 6 months of life provides ideal nutrition and supports the best possible growth and development. If you are still breastfeeding, congratulations!
- Burp your baby at natural breaks (eg, midway through or after a feeding) by gently rubbing or patting his back while holding him against your shoulder and chest or supporting him in a sitting position on your lap.

Activity:

- Spending time playing and talking to your baby during the quiet, alert times during the day supports his continuing brain development. Many babies have fussy periods in the late afternoon or evening. These are normal. There are many possible strategies for calming your baby, including just being there with him, talking, patting or stroking, bundling or containing, holding, and rocking. Other calming strategies include caressing or dancing with your infant, walking with him in a carriage or stroller, and going on car rides. Some babies can be very difficult to calm no matter what you do.
- At this age, your baby is developing the ability to put his hands to his mouth, suck on his fingers or his thumb, or use a pacifier. This is one of the ways your baby will learn to calm himself, and it is normal, age-appropriate behavior. He will use these methods until he is able to use other self-calming strategies.