

## Your Baby at 2 Months

**Medications:** Acetaminophen can be given as needed for discomfort or fever. No other medications are recommended for this age unless directed by your doctor. Please see {dosing chart} for the right dose based on your baby's weight today.

**Next Visit:** 4 months of age unless there are other concerns

### *Immunizations*

We generally start the routine vaccine schedule at 2 months of age. You should receive a specific handout for each vaccine given, and if you don't, please let us know. Side-effects are uncommon but can include:

- Discomfort at the injection site
- Fatigue; they often sleep a lot the first day
- Low grade fever for up to 24-36 hours
- Redness and warmth at the injection site for a few days; this is not an infection
- A small lump where the vaccine was given, which may last several weeks
- You can help your baby feel better after vaccines by giving lots of tender loving care, allowing for extra rest, and giving Acetaminophen as needed for significant discomfort or fever. We recommend that you only give it as needed, rather than around the clock. Recent studies indicate that Tylenol, given too frequently, may blunt the immune system's response to the vaccines, making them less effective.

See immunization schedule

<http://www.cdc.gov/vaccines/schedules/downloads/child/0-18yrs-pocket-pr.pdf>

### *Cold Symptoms in a Young Infant*

Generally we don't give any medication besides Acetaminophen to infants with cold symptoms. Cold and cough medications are not safe for young infants. Congestion is a bothersome symptom that sometimes interferes with your baby's ability to feed or suck on a pacifier comfortably, and often makes it harder to sleep. You can use saline drops and a bulb syringe to clear secretions. A "Nose Frida" also works well.

### *Feeding Your Baby*

Infants at this age only need breastmilk or infant formula. No solids are recommended, and we don't recommend putting cereal in their bottles to help them sleep. It doesn't really work and their tummies aren't quite ready for it. Breastfed babies can be fed on demand, and are allowed

to sleep as long as they desire in the night if they are growing well. Bottle fed babies typically take between 3-6 oz per feeding at this age, and roughly 24-30 oz per day.

Exclusively breastfed babies need supplemental Vitamin D, about 400 IU/day. You can find this in any pharmacy or grocery store. Some drops are 400 IU/dropper full (about 1 ml) and others are 400 IU/drop, so watch the concentration of the drop you have.

### ***Sleeping***

We don't recommend a rigid feeding/sleep schedule, but rather a routine that can flex based on your baby's needs. Growth spurts are expected which will disrupt your schedule, as well as things like teething, changing to Daylight Standard Time, vacations and visitors.

- Two month olds should sleep at least one 4 hr stretch at night; 4 month olds should sleep at least one 6 hr stretch at night, and so on. If you get more, that's great. If not, it's normal.
- The safest place for your baby to sleep is in your room, but not your bed
- Remember that babies need to sleep on their backs. Once they start to roll over on their own, we don't expect you to keep putting them on their backs all night long, but make sure the crib is firm and free of other objects.

### ***Head Shape***

Back sleeping has been extremely effective in reducing SIDS. Unfortunately an unintended consequence we have more kids with abnormal head shapes – primarily flattening (brachycephaly) and asymmetry (plagiocephaly) which sometimes requires the use of a helmet. Although we want them on their backs, we want to avoid an expensive helmet too! Try to rotate their sleep position frequently (leaning slightly left or right) and give them lots of tummy time while awake. By 4 months we can also use an Exersaucer or Bumbo Seat to keep them off their heads. Until then, vary their position and give them as much tummy time as possible. We'll monitor the shape and let you know if physical therapy or referral for a helmet is necessary.

**Plagiocephaly**



**Brachycephaly**

