

2 Month Check-Up

Date_____

Head_____

Length_____

Weight_____

Nutrition

Breastmilk or formula with iron should be the **only** source of nutrition for your baby. Your baby will set the pace. There is a wide range of amount and frequency of feedings. The most important indicator of normal intake is your baby's growth. If you have specific questions about whether your baby is getting enough, please discuss them with your provider.

- Remember that solid foods should not be given to your baby until 6 months of age. Your baby's intestines are not mature enough to digest foods other than breastmilk or formula.
- **Breastfed babies:** It is common for babies to increase their feedings during growth spurts. It may seem like he/she is not getting enough. Your milk production will catch up to the baby's needs if you continue to follow his/her hunger cues.
 - If and when you are returning to work, there are ways to continue exclusive breastfeeding. Talk with your provider about pumping, storing, or any other questions you have.
- **Formula fed babies:** It is very important to mix the formula as directed. **Never** dilute formula. This is the only source of nutrition your baby needs at this age.
 - Talk with your provider before giving any water, juice, rice cereal or anything else other than breastmilk or formula in the bottle
 - Never prop your baby's bottle. It can promote infections. Remember that feeding times are a great time to play and cuddle with your baby.
 - Use cold tap water to mix the formula and warm the bottle by placing it under hot tap water or placing it in a pot of warm water. Microwaving milk can cause hot spots that can burn your baby.
 - Sterilization of nipples and bottles is **not** necessary. Clean them with mild soap and warm water.
 - An unfinished bottle of formula should not be re-used.
- Stool patterns for babies vary. Some babies have frequent stools while other may go days. If you think your baby is constipated, talk with your provider. No honey or corn syrup.

Development / Positive Parenting

- Your baby will begin smiling, cooing, and laughing. This is a great time to interact with your baby by talking, holding, singing to your baby. These interactions help encourage brain, language, social and emotional development.
- Your baby will express his/her needs by using facial cues, crying, or fussing. Responding to your baby consistently will help him/her feel safe and secure. **You can never spoil your baby.**
- Babies this age can focus clearly 8 to 10 feet away. Babies prefer to watch moving objects and objects with contrasting colors.
- Giving your baby time on his/her tummy while awake will help him/her develop trunk strength.
- Play music. This helps your baby develop a love for music and math.

- Read to your baby. This helps him/her develop and understand language and sounds
- TV is not recommended **at all** in children less than 2 year olds. It may harm your baby's brain development.

Safety

- Make sure you use a properly installed rear-facing car seat. Never place the car seat in the front. Use the car seat **every** time your child is in the car.
- **Never** shake or toss your baby, even in play.
- **Never** allow anyone to smoke near your baby. Never smoke in the car. Even smoking outdoors can affect your baby's health.
- Your baby will use his/her hand and mouth to discover his/her world. Never give your baby an object that fits inside a toilet paper roll. Small objects are a choking hazard.
- Prevent falls. Even if your baby isn't mobile, **never** leave them unattended.
- Make sure the crib is cleared of pillows, toys, strings, ribbons, etc. Assess his/her sleep area for safety. Remember to put your baby **back to sleep**.
- If your family chooses to bedshare, remember never to co-sleep under these circumstances:
 - If either adult has been drinking alcohol or using medications that affect sleep.
 - Never co-sleep on surfaces such as chairs, sofas, bean bag chairs
 - Never allow babies to bedshare with their siblings or animals
- Prevent burns. Check bath temperature. Never carry hot liquids and your baby at the same time.
- Avoid sun exposure. When outside, cover your baby with lightweight clothing. Do not use sunscreen until 6 months of age.

When to seek help

- If your baby has a temperature more than 100.5 or you think your baby is ill, please call us. Do not give over the counter medications without consulting your provider.
- If you are worried that your baby isn't feeding normally
- If your baby is involved in a fall

Who to call

- During usual weekday hours, you can call the main clinic number

Benton Health Center
530 NW 27th Street
Corvallis, OR 97330
541-766-6835

Lincoln Health Center
121 SE Viewmont Avenue
Corvallis, OR 97333
541-766-3546

Monroe Health Center
610 Dragon Drive
Monroe, OR 97456
541-847-5143

East Linn Health Center
100 Mullins Drive #A-1
Lebanon, OR 97355
541-451-6920

- After hours and on weekends, you can call the same number and you will be forwarded to a nurse that can help answer your questions.