

2 Month Visit

Family Well-Being

- Taking care of yourself gives you the energy to care for your baby. Remember to go to your postpartum checkup.
- Keep in touch with family and friends.
- Spend special time with each child reading, talking, or doing things together.
- Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby's hand.
- Start planning for when you may go back to work or school.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to childcare.
- Plan with your partner, friends, and family to have time for yourself.
- Take time with your partner too.
- Let us know if you are having any problems and cannot make ends meet. There are resources in the community that can help you.
- Join a new parents group, especially if you feel alone or lonely.
- Call for help if you are ever hit or hurt by someone and if you and your baby are not safe at home.

Feeding Baby

- Feed only breast milk or formula in the first 4-6 months.
- Avoid feeding your baby solid foods and water until closer to 6 months of age. Juice is not recommended.
- Feed your baby when you see signs of hunger, including: putting hand to mouth; sucking, rooting, and fussing.
- End a feed when your baby is full. Signs of fullness include: turning away, closing the mouth, relaxed arms and hands.
- Burp your baby during natural feeding breaks.
- If breastfeeding, plan for pumping and storing breast milk. Let us know if you need help.
- Always prepare, heat and store breastmilk/formula safely. If you need help, ask us.
- Do not prop the bottle.
- Hold your baby so you can look at each other.
- Never put your baby to bed with a bottle in the crib.

Safety

- The car seat should be rear-facing in the middle of the back seat in all vehicles for the entire first two years of life.
- Never place your baby in a seat with a passenger air bag.
- Remove coat before buckling in car seat.
- Keep your car and home smoke free.
- Always wear your seat belt and never drive after using alcohol or drugs
- Keep plastic bags, balloons, and small objects, such as small toys from other children, away from your baby.

- Keep a hand on your baby when changing clothes or diapers.
- Keep your baby out of the sun.
- Have a list of phone numbers in case of emergency.
- Have anyone who touches the baby wash their hands first. Wash your hands often.
- Set the hot water heater so the temperature at the faucet is at or below 120 degrees F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

Your Growing Baby

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep safely on his/her back:
 - In a safe crib in your room, not in your bed.
 - In a sleep sack with arms out is okay, but no more swaddling for sleep.
 - Do not use loose, soft bedding or toys in the crib. Do not use comforters, pillows, thick blankets or bumper pads.
 - Use a crib with slats close together, 2 3/8 inches apart or less.
 - Keep the baby from getting too warm or cold.
 - Put your baby to sleep safely:
- Hold, cuddle, talk, read, sing, and play with your baby.
- Tummy time: Put your baby on his tummy when awake and you are there to watch.
- Learn what things your baby does and does not like.
- Notice what helps to calm your baby such as a pacifier, fingers or thumb, stroking, talking, rocking, or going for walks.
- Never shake your baby.
- If you feel upset, put your baby in a safe place and call for help.

Poison Control Help Line: 1800-222-1222
Child Safety Seat Inspection: 1-866-SEATCHECK or seatcheck.org



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