



2 Months Old

Important Points to Know

Fever You should expect some fever and soreness for 1-2 days from the vaccines given today. You do not need to call about fever from shots unless your baby is not acting right. If your baby is uncomfortable or has a fever, it is OK to give acetaminophen by weight (see "After the Shots") as needed every 4 hours.

Fever (100.4 or more rectally) from an illness before 3 months of age still requires an immediate call. After 3 months of age, if your child's temperature is over 102.2, they should be seen within 24 hours. You can give acetaminophen to get them through the night. NEVER give your child aspirin, and wait until 6 months of age before giving Ibuprofen.

FEEDING Continue to feed your baby breast milk or formula. Wait until 5-6 months of age before introducing rice cereal. It is an old wives' tale that cereal helps babies sleep through the night.

VITAMINS The AAP recommends that all breastfed infants and those drinking less than 32 oz per day of formula receive Vitamin D supplementation. Vitamins such as Tri-Vi-Sol™, D-Visol™, Gerber™ may be found at the grocery store or pharmacy in the vitamin section. Baby D-drops™ are available at Whole Foods and Amazon. Give as directed. Mothers who are breastfeeding should continue to take their prenatal vitamin daily.

SAFETY Your baby may start rolling over soon and scooting with their legs. Never leave them unattended on a table, bed or sofa.

You can have your car seat checked for proper installation. Check the following websites for locations and dates: www.seatcheck.org and www.dshs.state.tx.us/saferiders/checkups.shtm.

Don't forget to continue to place your baby on their back to go to sleep and alternate their direction in bed. Use firm bedding without pillows, bumpers, fluffy blankets, or stuffed animals that they could roll near and suffocate.

TUMMY TIME Continue to give your baby time on their tummy at least 4-5 times a day. Tummy time is important to help keep the head round, but it is also essential for development. Babies learn about movement and develop skills such as rolling over as well as benefit from the visual stimulation of the tummy position by lifting the head.

BOOKS & WEBSITES For additional reference material we recommend:

www.healthychildren.org www.aap.org *Caring For Your Baby and Young Child*, by the American Academy of Pediatrics *Baby 411*, by Denise Fields, Ari Brown, M.D. *Touchpoints*, by T. Berry Brazelton, M.D