

Things to Keep in Mind, continued:

- Your baby knows you love them when you cuddle them, sing to them and hold them for feedings.
- You can talk, sing, read to your baby or play music – they will enjoy it.
- Begin to develop a bedtime routine.
- Your baby may enjoy bath time now; splashing, cooing and playing; check the water with your hand to be sure it is warm but not too hot for your baby.
- Most babies will develop a fussy period toward the end of the day between 3 and 12 weeks of age. Make sure they are not dirty or hungry.

Try picking up the baby, cuddling, walking or rocking in a slow, soothing manner. This is the baby's way of winding down after his day. If the fussy periods increase or are hard for you to handle, please call and speak to our office.



AT 2 MONTHS, YOUR BABY CAN:

- Coo and gurgle, smile and hold their head a little more steady.
- Focus both eyes on your face and on some objects, and follow them.
- Enjoy being held or propped upright to see what is happening around them.

AT 2
MONTHS



TO CONTACT YOUR
MEDICAL HOME:



Community Care
OF NORTH CAROLINA



2 MONTH VISIT

Weight _____ Length _____

Today's Visit

- You and your provider will talk about your baby's growth and development.
- Your provider will ask for an update on your baby's health.
- Your baby will have a physical examination.
- You will have an opportunity to ask questions.

Things you may want to discuss:

- Your baby's sleeping habits, vision and hearing.
- Making time to go out with your baby.
- Changes in your family since last visit.
- Questions or concerns about breastfeeding or bottle feeding.
- How your other children have adjusted to the baby.
- How you are doing: time for yourself, sleep.

Next Visit

How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Bring in questions about your baby's sleeping and eating behaviors.
- Keep a list of topics you would like to discuss at your next visit.
- Don't forget to bring your child's Medicaid or insurance card.

What to expect:

- Your baby will have a physical examination.
- Your baby may receive additional immunizations.

Things to Keep in Mind:

- Place your baby on his back to sleep.
- Keep small, sharp objects, plastic bags and toys with small parts out of reach.
- Delay giving solid foods until 4-6 months old; do not put cereal in your baby's bottle.
- Do not put your baby to bed with a bottle or prop it in their mouth.
- Do not use a microwave oven to heat formula.
- Learn your baby's likes, dislikes and moods.
- Take time for yourself and your partner.
- Your child should always be buckled into the car seat when in the car.
- Never leave the baby alone in water or on high places (counter, bed, changing table).
- The safest place to leave the baby is in a crib with the rails up or in a playpen.
- Maintain smoke-free surroundings; home and car should be no smoking zones.
- Use "tummy time" for play when your baby is awake.