

# Child's Well Visit, 2 Months: Care Instructions

## Your Care Instructions

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Raising a baby is a big job, but you can have fun at the same time that you help your baby grow and learn. Show your baby new and interesting things. Carry your baby around the room and show him or her pictures on the wall. Tell your baby what the pictures are. Go outside for walks. Talk about the things you see.

At two months, your baby may smile back when you smile and may respond to certain voices that he or she hears all the time. Your baby may coo, gurgle, and sigh. He or she may push up with his or her arms when lying on the tummy.

**Follow-up care is a key part of your child's treatment and safety.** Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

## How can you care for your child at home?

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- Hold, talk, and sing to your baby often.
- Never leave your baby alone.
- Never shake or spank your baby. This can cause serious injury and even death.

## Sleep

- When your baby gets sleepy, put him or her in the crib. Some babies cry before falling to sleep. A little fussing for 10 to 15 minutes is okay.
- Do not let your baby sleep for more than 3 hours in a row during the day. Long naps can upset your baby's sleep during the night.
- Help your baby spend more time awake during the day by playing with him or her in the afternoon and early evening.
- Feed your baby right before bedtime. If you are breastfeeding, let your baby nurse longer at bedtime.
- Make middle-of-the-night feedings short and quiet. Leave the lights off and do not talk or play with your baby.
- Do not change your baby's diaper during the night unless it is dirty or your baby has a diaper rash.
- Put your baby to sleep in a crib. Your baby should not sleep in your bed.
- Put your baby to sleep on his or her back, not on the side or tummy. Use a firm, flat mattress. Do not put your baby to sleep on soft surfaces, such as quilts, blankets, pillows, or comforters, which can bunch up around his or her face.
- Do not smoke or let your baby be near smoke. Smoking increases the chance of crib death (SIDS). If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.
- Do not let the room where your baby sleeps get too warm.

## Breastfeeding

- Try to breastfeed during your baby's first year of life. Consider these ideas:
  - Take as much family leave as you can to have more time with your baby.
  - Nurse your baby once or more during the work day if your baby is nearby.
  - Work at home, reduce your hours to part-time, or try a flexible schedule so you can nurse your baby.
  - Breastfeed before you go to work and when you get home.
  - Pump your breast milk at work in a private area, such as a lactation room or a private office. Refrigerate the milk or use a small cooler and ice packs to keep the milk cold until you get home.
  - Choose a caregiver who will work with you so you can keep breastfeeding your baby.

## First shots

- Most babies get important vaccines at their 2-month checkup. Make sure that your baby gets the recommended childhood vaccines for illnesses, such as whooping cough and diphtheria. These vaccines will help keep your baby healthy and prevent the spread of disease.

## When should you call for help?

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Watch closely for changes in your baby's health, and be sure to contact your doctor if:

- You are concerned that your baby is not getting enough to eat or is not developing normally.
- Your baby seems sick.
- Your baby has a fever.
- You need more information about how to care for your baby, or you have questions or concerns.

### Where can you learn more?

Go to <https://www.healthwise.net/patiented>

Enter **E390** in the search box to learn more about "**Child's Well Visit, 2 Months: Care Instructions.**"

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