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# ❖ Cabarrus Crib Notes ❖

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2 Month Edition

A publication of *Cabarrus Pediatrics*

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weight \_\_\_\_\_

length \_\_\_\_\_

head  
circumference  
\_\_\_\_\_

You have survived the first two months! You may feel like you've just run a marathon. Be encouraged-it gets better! Your baby will gradually develop a more predictable feeding and sleep schedule and those periods of colic and fussiness will gradually diminish as your baby grows and develops.

## Nutrition

Breast milk or iron-fortified formula continue to be your baby's best food. By this age, babies require 5 to 6 feedings daily. All breast fed babies and babies taking less than 32 oz formula per day should receive **supplemental vitamin D** (Tri-vi-sol or D-vi-sol: 1 dropper (1 mL) once daily. If you are bottle feeding, do not use the bottle as a pacifier to calm your baby when he is upset but not truly hungry. This leads to excess weight gain and later may predispose him to severe tooth decay. Always hold, cuddle, and talk to him during feedings. Propping a bottle can lead to choking and overfeeding.

The introduction of solid food is delayed until four to six months of age to prevent the development of food allergies and infant obesity. Contrary to popular opinion, studies have not demonstrated improved sleep in babies given cereal at an early age.

## Safety—Start baby-proofing your home now!

Store all medicines and poisons completely out of reach. Install plastic plug protectors, gates for stairs, and cabinet and drawer locks for any "off-limit" areas. Set your hot water heater to 120 degrees and be sure to have working smoke detectors. Post the poison center # by your phone (1-800-222-1222). Consider taking a CPR class (call Ask First 704-403-1275 for schedules). Finally, always use a car seat! Some local fire stations have personnel trained to inspect/install your seat.

## Sleep

Most new parents would give anything for a night of uninterrupted sleep. You can encourage your baby to sleep through the night by maintaining a fairly regular schedule of feedings, naps, and bedtime. Try to put your baby down when he is drowsy but awake so that he learns to put himself to sleep. (This is especially helpful when he wakes at 3 AM.) Many babies still wake up to feed at night. Make these feedings brief and boring. Don't rush to your baby's side at the first peep that you hear. Like adults, babies can cry out, move, or talk in their sleep. Give him a chance to settle down before you go in and arouse him.

**Remember:** We recommend that your baby sleep on his back in a crib or bassinet with a firm mattress. This has been shown to lower the incidence of SIDS or crib death. When he is awake, place your baby on his stomach to play to prevent flattening of his head

*The introduction of solid foods is delayed until at least four months of age to prevent food allergies and obesity*

*Keeping your baby up to date on checkups and immunizations is one of the best things you can do for his health*

*Visit our website at  
www.  
cabarruspeds.  
org  
for more  
information*

## Development

Watching a baby develop is one of the great joys of parenting. At 2 months, your baby should respond to sounds and voices and should look at your face or other interesting objects in front of him. He may smile, coo, or even laugh and grab objects placed in his palm. You can encourage his development by talking or singing to him when you feed or play. He may like black and white or red objects like mobiles and other baby toys. Most importantly, give him plenty of hugs and affection.

## Illnesses

Babies often get their first cold between 2 and 4 months of age. Although a stuffy or runny nose may disrupt your baby's feeding or sleep schedules, he should continue to feed relatively well and be active and alert. Use a bulb suction syringe with or without saline nose drops (available over the counter) to clear nasal secretions. Cold medicines are not effective and may have dangerous side effects. Colds generally last about a week. Call our office if your baby is markedly fussy or lethargic, has a rectal temperature greater than 100.4, is feeding very poorly, or is breathing excessively fast or heavy.

## Immunizations

At the 2 month visit, babies receive several immunizations. Review and save the Vaccine Information statements you received. You may expect some mild soreness and possibly fever (from 100.5-103 degrees) These may be relieved by acetaminophen (Tylenol). Call our office if your baby has any of the severe reactions listed in the vaccine handouts.

## Office policies

Our regular office hours are 8am-5pm Monday through Friday. Please call during these hours to schedule appointments or to ask routine questions. Except for true medical emergencies-appointments are necessary. Evening and weekend visits may be offered for urgent problems that cannot wait. You can reach a physician when the office is closed by calling the office phone number (Concord: 704-403-7720; Kannapolis: 704-403-7735). A nurse or doctor will call you back. Except for true emergencies, please do not take your child to the emergency room without first speaking to the doctor on call. We can often arrange to see your child or handle problems by phone.

## Next checkup: age 4 months

Regular checkups are done at 4, 6, 9, and 12 months. All of these visits usually involve immunizations. Keeping your baby up to date on checkups and shots is one of the best things you can do for his health.

## Other instructions:



**Cabarrus Pediatrics**

*Uncompromising Excellence. Commitment to Care.*