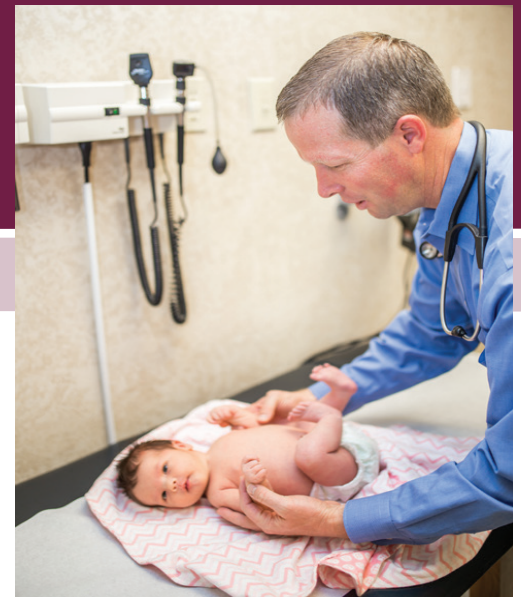


## Two Month Visit



PARENTAL WELL-BEING

### How you are feeling

- Taking care of yourself gives you the energy to take care of your baby. Remember to go to your postpartum checkup.
- Find ways to spend time alone with your partner.
- Keep in touch with family and friends.
- Give small and safe ways for your other children to help with the baby, such as bringing you things or holding the baby's hand.
- Spend time with each child reading, talking or doing things together.

*Put your baby on his tummy when awake and you're there to watch.*

### Getting to know your baby

- Have simple routines each day for bathing, feeding, sleeping and playing.
- Put your baby to sleep on his back:
  - In a crib not in your room.
  - In a crib that meets safety standards. Slats should be no more than 2 3/8 inches apart with no drop side rail.
  - If your crib has a drop side rail, keep it up and locked at all times.
  - Keep soft objects and loose bedding such as comforters, pillows, toys and bumper pads out of the crib.
  - Give your baby a pacifier if he wants it.
- Hold, talk, cuddle, read, sing and play often with your baby. This helps build trust.
- Tummy time—Put your baby on his tummy when awake and you are there to watch.
- Learn the things your baby does and does not like.
- Notice what helps calm your baby like a pacifier, fingers or thumb, or talking and going for walks.

INFANT BEHAVIOR

SAFETY

### Safety

- Use a rear-facing car seat in the back seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger airbag.
- Always wear your seat belt and never drive intoxicated.
- Keep your car and home smoke free.
- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby.
- Your baby can roll over, so keep a hand on your baby when dressing or changing him.

INFANT-FAMILY SYNCHRONY

### Your baby and family

- Start planning for when you may go back to work or school.
- Find clean, safe, and loving childcare.
- Ask Dr. Eberhard for help to find things your family needs, including childcare.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to childcare.

NUTRITIONAL ADEQUACY

### Feeding your baby

- Feed your baby only breast milk or iron-fortified formula in the first 4-6 months.
- Avoid feeding your baby solid foods, juice, and water until about six months.
- Feed your baby when he is hungry.
- Feed your baby when you see signs of hunger.
  - Putting hand to mouth.
  - Sucking, rooting and fussing.
- End feeding when you see signs your baby is full.
  - Turning away.
  - Closing the mouth.
  - Relaxed arms and hands.
- Burp your baby during natural feeding breaks.

### If breastfeeding...

- Feed your baby eight or more times per day.

NUTRITIONAL ADEQUACY

- Plan for pumping and storing breast milk. Let us know if you need help.
- Give your infant 400 units of vitamin D each day.

### If formula feeding...

- Feed your baby 6-8 times each day.
- Make sure to prepare, heat, and store the formula safely. If you need help, ask us.
- Hold your baby so you can look at each other.
- Do not prop up the bottle.

## What to expect at your baby's 4 month visit

### We will talk about...

- Your baby and family.
- Sleep and crib safety.
- Feeding your baby.
- Calming your baby.
- Caring for your baby and yourself.
- Keeping your home safe for your baby.
- Healthy teeth.

Questions or concerns? Call Tanner Clinic at 801-773-4840.