

# APL Bright Futures Handout

## 2 Month Visit

Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

### PARENTAL WELL-BEING

#### How You Are Feeling

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

### INFANT BEHAVIOR

#### Your Growing Baby

- At this age your infant should smile, coo, lift her head and hold a rattle briefly.
- In the next month she will start to reach and bat at objects and vocalize with squeals.
- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on her back.
  - In your room, place her in a bassinet or playpen, not in your bed.
  - In a crib, with slats less than 2 3/8 inches apart.
  - With the crib's drop side always up.
  - Put your baby to sleep drowsy. You can use a pacifier to help her to sleep.
- Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust between you and your baby.
- Tummy time—put your baby on her tummy when awake and you are there to watch.
- Notice what helps to calm your baby such as a pacifier, fingers or thumb, or stroking, talking, rocking, or going for walks.

### SAFETY

#### Safety

- Use a rear-facing car safety seat in all vehicles.
- Never put your baby in the front seat.
- Always wear your seat belt and never drive after using alcohol or drugs.
- 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.
- Set the hot water heater so the temperature at the faucet is at or below 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

### INFANT-FAMILY SYNCHRONY

#### Your Baby and Family

- Start planning for when you may go back to work or school.
- Find clean, safe, and loving child care for your baby.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

### NUTRITIONAL ADEQUACY

#### Feeding Your Baby

- Feed your baby only breast milk or iron-fortified formula in the first 4 months.
- Avoid feeding your baby solid foods, juice and water until about 4 months.
- Feed your baby when your baby is hungry.
  - Putting hand to mouth
  - Sucking, rooting, and fussing

- Do not feed your infant raw or uncooked honey or put it on your child's pacifier.
- 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 8 or more times each day.
- Continue taking your prenatal vitamins and give your infant 400 international units of vitamin D daily.
- Plan for pumping and storing breast milk. Let us know if you need help.

#### 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 the bottle.

#### Elimination

- Having 5-8 wet diapers and 3-4 stools each day shows your baby is eating well. Breastfed babies may stool less often as they get older.
- All stool colors are normal except black, red and white. Stool consistency should not be hard, but may be pasty, runny or seedy

**Poison Help:** 1-800-222-1222

**Child safety seat inspection:**  
1-866-SEATCHECK;  
[seatcheck.org](http://seatcheck.org)