

6/12/2014

Suggested Diet/Feeding Reminders

Breast Milk

Iron Fortified Formula

(28 to 32 ounces per day)

Vitamins (if breast fed)

Remember that spitting up is common in most babies, and is not a medical problem as long as the baby continues to grow well

Don't prop bottles or allow bottles in bed! Remember to try not to lay your baby flat while feeding.

Sleep Issues

Encourage wakefulness during the day.

During the night feeding, discourage playfulness, and put your baby back to bed as soon as possible.

The duration of sleep is not related to the amount or kind of feeding.

Safety Issues

Watch out for falls—your baby is learning to roll!

Put the rails up on the crib.

Put the infant car seat on the floor when it is in use outside of the car.

Buy soft, washable toys, without sharp edges or removable parts.

Soft toys that make music, like bright-colored mobiles, are ideal!

Use an approved infant car seat.

Two Month

Don't smoke around your baby.

Never leave baby unattended around water.

Set the water heater thermostat to 120 degrees F.

Remember fire alarms/extinguishers for your home

Immunizations

DaPT/IPV/HepB#2

Hib#1

Prevnar#1

Common reactions include fussiness, fever (102-103 degrees), red or swollen shot site.

What to do:

Tylenol 0.4cc every 4 to 6 hours as needed

Extra holding, rocking, loving

Warm, wet cloth to shot site at 10 minute intervals.

Call if: fever > 103, inconsolability for > 3 hours, fussiness > 2 days, any other concerns

Enjoy! Baby soon should be able to:

Hold head temporarily

Grasp a rattle

Exhibit a social smile

Coo, begin vowel sounds

Regard people, focus eyes

Keep the baby (when awake) in the room with you to discover his/her surroundings.

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Look your baby in the eye during feedings or when talking to him/her.

Let your baby listen to music, and encourage babbling and cooing.

Allow an afternoon or evening out for yourselves by leaving your baby with a trusted, competent sitter.

Remember the needs and behavior of your older children, playing with or reading to them as always. Older siblings often need reminding that they were indeed your first love, and that they will not be forgotten!

Baby needs to sleep on his/her back.

Two Month

