

# ***PSBH North***

## Two Month Exam

### Development

- Provide lots of opportunity for physical activity that builds strength of abdominal muscles and upper body. Emphasize tummy time. Activity gyms and mats are great at this age. Look for toys that provide feedback (sounds or movement) for motor activity.
- Look for opportunities for your baby to sit upright more often with trunk support. Begin to carry him facing forward. Many babies enjoy being in a Baby Bjorn or Snuggli front pack. Make an effort to limit the amount of time your baby spends resting with the back of the head against a solid surface.
- Your baby should be able to hold his head steady more of the time.
- Sensory toys- different textures, sounds, colors and patterns are important
- Social skills are developing. Your baby will smile responsively, coo, laugh and enjoy face-to-face contact. They will begin to notice their surroundings more and their visual tracking and discrimination is improving.
- Talk to your baby...they are laying the foundation for language development by listening to the different sounds of your voice and beginning to imitate you.
- Read aloud on a daily basis. Board books are great. Allow your child to look at the pages with you.
- Establish good sleep routines. Most babies can sleep up to 6 hours during the night at this age if the proper routines are established. Try not to rock to sleep or allow your baby to fall asleep with a bottle. By now your baby should be sleeping in her crib. Remove extra blankets, pillows, and stuffed toys. Continue “Back to Sleep” positioning. Do not allow your baby to sleep in bed with you while you are sleeping.

### Feeding

- Most babies take 4-5 oz formula or breast milk/feeding at this age
- All babies should be on a vitamin supplement: give Di-vi-sol or Poly-vi-sol ½-1 dropper per day. Breastfed babies to include Iron and Vitamin D.

### Safety

- The phone number for poison control is 1-800-222-1222.
- You can begin to venture out a bit more in public as your baby’s immune system is continuing to develop and minor colds pose less of a threat. Call if temperature >101 degrees.
- Do not leave unattended on bed or anywhere else baby could fall. Do not leave unattended in the car.
- Baby should be rear facing in the car seat until two years of age.
- Avoid scald burns; keep hot water heater set at 120 degrees or less, do not drink hot liquids while holding your baby.
- Parents wishing to take CPR classes – we can provide information regarding classes in our office.
- Watch baby closely near pets... increased time on the floor and heightened interest in each other’s toys increases the risk of injury.
- We recommend applying sunscreen and insect repellent when appropriate.

### Immunizations

Please review the vaccine information provided at the visit and contact our office with any concerns.  
*Next visit is at 4 months.*