

### Cranky and Fussy?

- A baby may cry if they are hungry, have a dirty diaper, or for no reason.
- There will be times when you will not be able to console your baby easily.
- Fussy periods in the late evening are very common at this age.
- You cannot spoil your baby by picking them up when they are fussy. Demanding babies may still want to be carried much of the day, or in the evening.
- Things to try for a fussy baby: changing the diaper, rocking, singing, giving a pacifier, walking, swinging, bathing, whispering, taking a ride in the stroller.
- Try techniques mentioned at [www.thehappiestbaby.com](http://www.thehappiestbaby.com).
- If you become overwhelmed, put your baby in a safe place and take a break or get some help.
- Your baby may fuss a bit before falling asleep. Try to put him down drowsy, so he learns to fall asleep by himself. Limit naps to three hours and try to space out daytime feedings. Keep all lights off for night feedings and keep them brief.
- For advice on sleep issues, read *Guide to Your Child's Sleep* from the AAP, *Solve Your Child's Sleep Problems* by Richard Ferber, or consult [www.healthychildren.org](http://www.healthychildren.org) (search for "sleep").
- Your baby normally may spit up more now. If he arches his back and grimaces with spit-ups, call the office.

### Two Month Visit

We will record your baby's height, weight, and head circumference. The numbers themselves are not as important as the trends over time, and they do not have to be average (50th percentile) to be normal.

If your baby's newborn screen result was not available at your last visit, ask the nurse or doctor for the result today.

#### Let your doctor know today if...

- Your baby does not move both arms and both legs vigorously and equally.
- Your baby does not lift his head when on his tummy.
- You are worried about your baby's hearing.
- Your baby never seems to focus on your face.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about him or unable to enjoy being with him.
- You are having trouble with breastfeeding.
- You have a particular concern that's always on your mind.

#### Your next visit

At the four month visit your doctor will...

- Compare the growth measurements to those from this visit.
- Discuss recommended vaccines: DTaP, HiB, polio, pneumococcal, hepatitis B and rotavirus. Information about these can be found at: [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).
- Discuss any concerns.



**Weill Cornell Medicine**  
Primary Care

# Two Month Visit



[weillcornell.org/primarycare](http://weillcornell.org/primarycare)

## Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child, including brain damage and death.
- Recommended immunizations:
  - DTaP (diphtheria, tetanus, whooping cough)
  - Hepatitis B
  - IPV (polio injection)
  - Hib (used to be the most common type of meningitis)
  - Prevnar (pneumococcal)
  - Rotavirus (a stomach virus)
  - RSV antibody injection (seasonally)
- Ask the nurse for Vaccine Information Statements with specific facts about each vaccine. More information can be found at: [healthychildren.org](http://healthychildren.org) (under the Health Issues tab) and at [www.cdc.gov/vaccines](http://www.cdc.gov/vaccines).
- Vaccines for parents and caregivers to receive to protect children include the “Tdap” (tetanus and pertussis booster), the yearly flu vaccine, and the Covid vaccine.

## Staying Healthy

- Tell your doctor if you believe you have symptoms of postpartum depression.
- Do not allow anyone to smoke near your baby. If you smoke, decide to quit.
- Wash hands before feedings and after diaper changes.
- Nursing mothers should take their prenatal vitamins, eat a healthy diet, and drink plenty of fluids.
- Use saline nose drops and a bulb syringe if your baby is congested.
- Bathe your baby only with plain water or a mild soap.
- Do not clean inside the ear. Wipe only the outside.
- Learn infant CPR. Contact the American Heart Association for classes.
- Call the doctor if your baby has a rectal temperature over 100.4F (38C) that lasts beyond 48hrs after the shots are given.
- For fever or pain, your child can have acetaminophen every 4hrs (Tylenol): “Infant’s” and “Children’s” (160mg/5mL) \_\_\_\_\_ or a Feverall suppository \_\_\_\_\_

Do not give ibuprofen until six months, and never give aspirin to a child; aspirin can cause brain damage during certain viral infections.

## Safety

- The leading preventable causes of injury now are car accidents, falls, and fires/burns.
- Always use a car seat, even in a taxi. The middle of the back seat, rear facing, is safest. Never use the front seat.
- A bus is safer than a taxi.
- Never leave your baby alone anywhere he might fall from or alone in the bath, even for a second.
- Install window guards.
- Check the bath temperature.
- Never microwave a bottle. Hotspots may cause a burn.
- Check the smoke detector battery once a month.
- Avoid direct sun exposure.
- Give your baby age-appropriate toys with no sharp edges, strings, or small parts that may break off.
- Necklaces and charm bracelets are choking hazards.
- Always put your baby on their back for sleeping (naps too).
- Never shake or spank the baby. Shaking can cause brain damage.
- Poison Control Center phone number: 212 POISONS or 800 222-1222.
- Do not put your baby in an infant walker.

## Typical Development

By two months most babies:

- Hold their head high when on tummy.
- Move both arms and both legs.
- Watch you as you move.
- Look at a toy for several seconds.
- Make sounds other than crying.
- Reacts to loud noises.
- Calm down when spoken to or picked up.
- Look at your face.
- Seem happy to see you when you walk to them.
- Smile when you talk or smile at them.

Some babies...

- Sleep longer at night.
- Roll over (so never leave them alone where they might fall).

## Stimulating Development

- The brain’s development for vision, language, and even for emotional connection with other people, largely takes place in the first 2 yrs.
- Show your baby high contrast (black and white) picture books and toys with faces or mirrors. The baby still sees best at about a foot or so distance.
- Talk to your baby all day long.
- Read, play music and sing.
- Smile and make faces.
- Shower love and affection.
- Keep them away from violent images.
- Avoid “educational” videos and apps.
- Place your baby prone (on their stomach) when awake.
- Browse: [www.zerotothree.org](http://www.zerotothree.org).

## Good Nutrition

- Breastfeeding provides a great source of infant nutrition.
- If you are not breastfeeding, we recommend iron-fortified FDA approved formulas.
- A Vitamin D supplement is needed for breastfed babies.
- Your baby needs no other source of nutrition or fluid until four-six months of age.
- Do not give the baby water, sugar water, honey, or whole milk.
- Babies may sleep longer at night between feedings, but they should be fed when they are hungry.

## Normal Elimination

- Stools are usually yellow, green, or brown, and soft.
- Frequency decreases as babies grow older and for some may be only once a week.
- If stools become hard pellets, try feeding more, but avoid supplementing with water.
- If you are concerned about your baby’s stooling pattern, give the office a call.