



Watching you grow!

Name: _____

Date: _____ BMI: _____

Height: _____ % _____

Weight: _____ % _____

Head circumference: _____ % _____

Well-child exam: 2 months

Nutrition

- Feeding time is important for bonding and to let your infant know you will meet his needs.
- Breastfeed or use an iron-fortified formula for the first year of life.
- Most babies still may need to feed in the middle of the night.
- Delay introduction of solid foods until 4-6 months of age.
- To prevent infant botulism, **do not** give honey to children under 1 year of age.

Breastfeeding:

- At this age, most babies will nurse between 5-8 times in a 24-hour period.
- It is recommended to give Vitamin D supplementation of 400 IU daily to babies who are exclusively breastfed.
- Continue breastfeeding for the entire first year if possible.

Bottle-feeding:

- **Do not** heat formula or expressed breast milk in a microwave.
- Your baby will drink an average of 4-6 ounces per feeding, up to 5-8 feedings per day.
- **Do not** put your baby to bed with a bottle propped in his mouth. This can cause ear infections, choking and future tooth decay.

Sleeping

- It is likely your baby still will awaken for night-time feedings.
- 16+ hours of sleep per day is normal.
- Always place your baby to sleep on his back in a crib. The crib should have a firm mattress.
- **Do not** sleep with your baby. This increases the chance of the child being suffocated.

Wetting and stooling

- Your baby can be expected to have 4-6 wet diapers per day.
- Breastfed babies can have 8-10 stools per day or as few as one stool every 8-10 days.
- Formula-fed babies typically should have 1-2 soft stools per day.
- Infrequent, hard stools may indicate your baby is constipated. If this should happen, call the child's provider for evaluation.

Growth and development

- It is important to hold, cuddle, talk and sing to your baby at this age.
- Reading to your baby will become very important in the next couple of months.
- Stimulate your baby with age-appropriate toys.
- Crying is normal and your baby's way of telling you his needs.
- Television/video screen time is **not** recommended for children under 2 years of age.

During the next few months, your baby will:

- Smile and coo, particularly when talked to;
- Hold his head steady when held or seated with support;
- Watch your face and focus better;
- Grasp a rattle and bring to his mouth;
- Discover his hands and fingers;
- Lift his chest when lying on his tummy. Have your baby spend plenty of waking time on his tummy. This will strengthen the muscles necessary for holding his head upright, rolling, sitting and crawling.

CentraCare Clinic strives for excellent customer service and values patient feedback to help us improve as needed. If you are mailed a patient survey, please take the time to complete it. Thank you for choosing CentraCare Clinic.

This sheet is not specific to your child, but provides general information. If you have any questions or concerns, please talk with your child's provider for assistance in finding additional resources.

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Women & Children

Family relationships

- Take some time for yourself, your partner, family and friends.
- Notify your doctor if you have feelings of excessive sadness, hopelessness or helplessness. You may have post-partum depression and may benefit from a mental health referral.
- Discuss family planning with your partner.
- Spend time with siblings individually.

Safety

Infants need extremely close, almost constant, supervision. Your baby relies on you for protection and to meet his safety needs. Follow these steps to help to ensure a safe environment for your baby.

- Use a properly secured, rear-facing infant car seat in the back seat. **Never** leave your baby alone in the car.
- Place your baby on his back to sleep.
- **Do not** leave your baby unattended on a bed, table, couch or in the bath. **Never** leave baby alone with a young child or pets.
- A smoke-free environment is best for you and your baby. **Do not** smoke in the home or car.
- **Do not** drink hot liquids, cook or smoke while holding your baby.
- Smoke and carbon monoxide detectors in the home should be in working order. Change batteries every 6 months.
- Remove hanging cords from window drapes and blinds. Babies can become entangled and strangle themselves.
- Keep buttons, coins, magnets, batteries and other small objects out of his reach.
- Use safety locks on cabinets and drawers and cover electric outlets with protective covers.
- Toys should be too big to swallow. They should be unbreakable and free of small detachable parts or sharp edges. **Do not** give an infant plastic bags or latex balloons.
- Keep all poisonous substances, plants, medicines, cleaning solutions, beauty products, paints and solvents out of your baby's sight and reach.
- If in an area with biting insects, apply repellent with less than 30 percent DEET to skin and clothing to protect your child. (Avoid eyes.)
- Sunscreen is not recommended for babies less than 6 months old. Keep babies younger than 6 months out of direct sunlight. Find shade under a tree, umbrella or a stroller canopy.

Pediatrician-approved Web sites:

www.aap.org
www.cdc.gov
www.centracare.com
www.chop.edu
www.ecbt.org
www.kidshealth.org
www.mdh.org
www.parenting.umn.edu



Community resources:

Child passenger safety seat inspections (free)

Call (320) 251-2700, ext. 54492 for an appointment or visit www.buckleupkids.mn.org for more information.

Early Childhood Family Education

For classes about raising young children, contact your local school district.

United Way 2-1-1 help line

Provides confidential information and referrals to thousands of community services. Call 2-1-1 or (651) 291-0211.

Crisis Nursery

An adult in crisis affects a child's world. The Crisis Nursery is a free 24/7 temporary, safe haven where parents experiencing a family or personal crisis can call. For crisis day care/crisis counseling and family support, call (320) 654-1090.

Poison Control number

If you have a poison emergency or a question about a poison or about poison prevention, call (800) 222-1222.



- **Never shake your baby.** If you become too upset, put your baby in a safe place, such as a crib, until you are calm. Call the clinic or 911 if you feel you may hurt your baby.

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