



Guide to Whole Health - 2 Months

Weight today:

Length:

Head:

Development:

- Your baby should be able to:
 - Push her chest up a little when she's lying on her belly
 - Coo
 - Smile
 - Bat at objects and grab them occasionally
- Your baby can start to differentiate colors! Show him bright colored shapes to help develop his vision.
- Make sure to continue to do **tummy time** to help stretch her hips and develop strong arm, shoulder, chest and back muscles. Tummy time is very important to build these muscles which will help your baby learn to sit, crawl and stand.

Nursing:

- **Please let us know if you are having difficulty breastfeeding.**
- Remember to stay hydrated and well fed. Now is not the time to try any new vigorous athletic training or to diet, as it can (and usually does) result in a drop in milk supply. Moderate exercise and healthy eating habits are, of course, encouraged.
- Breastfed babies should receive **vitamin D supplementation**, at least 400 IU per day. Many children in northern latitudes need more than this - please ask us for a recommendation.

If using formula or donor breastmilk

- Continue to **feed your baby 3-4 ounces of pumped breastmilk or formula every 3-4 hours.**
- Do not prop the bottle or allow the baby to feed himself. Use feeding time as a way to cuddle and bond with your baby.
- Remember that babies under 6 months should not be fed homemade formula.

Sleep

- Most babies continue to wake to nurse or bottle feed 1-3 times per night. If your baby is "sleeping through the night" that's great! If not, please remember that this is normal. We do not recommend trying any sleep training until at least 4 months of age (we will talk about this at the next visit). You can, however, encourage good sleeping habits by putting your baby to sleep while she is still awake (drowsy but not fully asleep).
- At 2 months **your baby should be put back to sleep after he has been awake for about 1 hour.**

Safety

- Your baby will roll over very soon! Make sure to always **keep a hand on her when she's on the changing table**. She should always be **strapped in** when in a bouncy chair or swing.
- Always **place your baby on his back to sleep**. Keep blankets and stuffed animals out of your baby's sleeping space. Make sure crib slats are no more than $2\frac{3}{8}$ inches apart. Make sure crib rails do not move up and down (some older cribs do this).
- Make sure you have **smoke and carbon monoxide detectors** installed.
- Your baby does not have complete head control yet - continue to **support his head and neck** when you carry him. He is still too young for a jogging stroller.
- If using a baby carrier* please make sure that **the carrier supports her hips**. The carrier should support her buttocks and extend all the way to her knees so her knees and hips remain in the flexed position. We do not recommend using forward-facing carriers for longer than 15 minutes.



Diapers

- Your baby should have 6-10+ wet diapers per day. Please call if your baby has less than 3 wet diapers per day.
- Your baby may have as many as 4+ bowel movements per day or as few as 1 per week.

Never, ever:

- Never leave your baby alone in a car.
- Never hold your baby in your lap while riding in a car.
- Never leave your baby alone in a sink or bathtub - even for a few seconds!
- Never tie anything around your baby's neck.
- Never shake your baby.

Caring for your baby:

- A 2-month old baby cannot be spoiled! Your baby needs you and is relying on you for her care and safety. Talk to your baby, cuddle her, read to her, and wear her in a safe baby carrier*.
- Remember that babies under 3 months of age should not get a fever. Please call us if your baby has a fever over 100.6 °F. When your baby gets his first cold you can use a bulb syringe to drop breastmilk or saline into his nose. Breastmilk works especially well for congested babies and is naturally antiviral and antibacterial. You can also run a humidifier at night to help ease congestion. **In general, please avoid the use of medications that suppress symptoms.** Acetaminophen and ibuprofen dampen the immune system response and do not allow the body to heal naturally. These medications also have other negative effects. Please see our "Just Say NO to Tylenol!" handout and article. If you have any questions or are concerned about a child with a cold, cough,

or flu please contact the office immediately. There are rare times when these medications may be appropriate.

Colic*:

- **Most babies between 3 weeks and 3 months have periods of unexplained crying.** This may be from excess gas (from an immature gastrointestinal system), overstimulation (from an immature nervous system), fatigue, hunger, reflux, or a myriad of other reasons (or combinations of reasons). Many babies have periods of colicky crying in the evening. (You may want to look up “the Period of PURPLE Crying.”) This is totally normal, but please let us know if you are concerned.
- **True “colic” is defined as a baby who cries more than 3 hours per day more than 3 days per week.** If this is your baby please contact us.

What you may be feeling

- **Lonely.** Whether this is your first child or fifth, having a young baby can make you feel isolated, especially in the first few months when your baby is incredibly needy. If you don't already have a parent's group to attend we highly recommend finding one near you. You can also find online parenting groups through babycenter.com and thebump.com (see community message boards, which are sorted by month of birth).
- **Tired!** Remember to keep using your prenatal vitamins and supplements recommended by your physician. We also generally recommend breastfeeding women to take a high quality fish oil supplement to replace the fatty acids that are lost in breastfeeding.
- **Frustrated. Babies cry a lot!** Nearly every parent gets to a place where they are frustrated and feel overwhelmed by their baby. Set your baby down in a safe place and walk away for a few minutes. Take some deep breaths. Please contact us if your baby cries for more than 3 hours per day.
- **No or little desire for sex.** If cleared by your midwife or OB you can resume intercourse. Many breastfeeding women have a very low libido due to the breastfeeding hormone prolactin, which suppresses other hormones (like estrogen and progesterone).
 - **Please use contraception or natural family planning for birth control even if you are breastfeeding.** Remember that breastfeeding is not reliable birth control for all women, and some women will begin cycling very quickly after giving birth.
- **Sad, anxious or depressed. Postpartum depression* affects up to 20% of women and is entirely treatable with naturopathic medicine.** Please contact us if you answer YES to either of these questions, or if you have concerns about your mood:
 - Over the past two weeks have you ever felt down, depressed or hopeless?
 - Over the past two weeks have you felt little interest or pleasure in doing things?
- **What is NOT normal:** seeing or hearing things that are not there (hallucinations), paranoia, suicidal thoughts or actions, disorientation, bizarre behavior, thoughts of harming yourself or killing your baby. Postpartum psychosis is a treatable medical condition. If you are having these thoughts please call 911 and let us know immediately.

Vaccines

- Vaccines are a touchy issue. **We want to make it clear that we support families regardless of whether/how they choose to vaccinate.** It is our goal to provide unbiased information on vaccines to allow parents to make a choice they feel good about!
- In the United States the following vaccines are recommended by The Advisory Committee on Immunization Practices (ACIP) at 2 months: **Rotavirus**, **IPV** (Polio), **DTaP** (Diphtheria, Tetanus and acellular Pertussis), **Hib** (Haemophilus influenza B - this is not the flu vaccine, it is a bacteria that can cause meningitis), **PCV** (Pneumococcal), and **Hepatitis B** (if not given at age 1 month). **Here is what to expect if your child receives any of these vaccines at this visit:**
- Please do **not** administer Tylenol before or after shots as it reduces the effectiveness of the vaccine and some research suggests it is associated with autism.
- Normal reactions to vaccines include the following:
 - Soreness of the limb (especially with Tetanus-containing vaccines, like DTaP, Tdap)
 - Fever, usually less than 104 degrees and lasting less than 3 days. Remember that fever, especially low-grade fever, is normal – it means the immune system is working!
 - Mild change in behavior for 1-4 days after the vaccine. Some examples: irritability, crying, sleeping more or less than usual, withdrawn, refuses to nurse/feed, whimpers or weeps, wants to be held (or refuses to be held), sensitivity to light/pain/noise, complaining of limb pain (i.e., wincing when touching the leg).
 - Inconsolable crying is somewhat common but not ideal. Let your physician know.
- Abnormal reactions: anything other than those listed above. Also see our vaccine reaction* post.
- **Comfort strategies:** Lots of cuddling, nursing sessions for nursing babies. Shushing, swaddling, bicycling the legs can be helpful. **Do not rub the affected area.** Ouch! Watch for car-seat straps that may be rubbing on the leg where the shot was administered. Warm baths with a few tablespoons of Epsom salts may be helpful.
- **Vaccines given this visit**
 - **DTaP** (Circle administered R or L leg) **Hib** R / L
 - **IPV** R / L **PCV** R / L
 - **Hepatitis B** R / L
 - **Rotavirus** (oral)

What to expect from your baby between 2 months and 4 months:

- He will have **Wonder Weeks** at around 8 weeks and again at around 12 weeks. (We highly recommend the Wonder Weeks book or smartphone app.)
- She will probably have a growth spurt at around 3 months.
- He will probably have less colicky crying spells.
- She will probably learn to roll, grab objects reliably, put objects in her mouth, laugh, respond to your speech with "coos," begin to have memory.

*Topics with an * have more information published on www.naturopathicpediatrics.com. Simply type in the underlined phrase into the search box to find additional articles.*