



**BIR-2M**  
**PEDIATRIC**  
**CARE ADVISOR**

Well Child Care  
**Birth - 2 Months**



Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.

# Nutrition

Babies only need breast milk or infant formula with iron. Most babies take 2 to 3 ounces of formula every 2 to 3 hours. If you exclusively breast feed, you can feed your baby with pumped breast milk in a bottle. If you choose to do so, other people can enjoy feeding your baby including dad! Here are some helpful breast milk tips:

- Human milk will separate when left to stand. This does not mean it is spoiled! simply shake to restore the milk to a normal consistency. Color and odor can vary with diet.
- Wash your hands thoroughly prior to pumping.
- Milk should be stored in small quantities (2-4 oz) in a tightly closed glass or plastic container. Freezer milk bags are available for storing human milk.
- Milk to be used within 5 days of expression should be refrigerated (32-39° F) rather than frozen as this will better preserve the immunity factors. Milk can be frozen for longer storage.
- The amount of time that milk can be used after being pumped depends on where it is stored. Milk can be refrigerated (32-39°) for 5 days, kept in the freezer for 3 to 4 months, kept in a separate deep freeze at constant 0° F for 6 months. Label all containers with the date.
- Thaw or heat milk under warm running water or in a bottle warmer; do not bring the milk to a boil; do not use a microwave oven; shake before testing the temperature. Milk can be thawed in the refrigerator which takes about 12 hours.
- Milk that has been frozen and thawed can be refrigerated for up to 24 hours. It should not be refrozen.

If you are breastfeeding, the American Academy of Pediatrics (AAP) recommends that you give your infant an over-the-counter vitamin containing vitamin D (Poly-vi-sol, Tri-vi-sol or D-vi-sol) once daily.

## Bowel & Bladder

Most babies will strain to pass bowel movements since they are learning to coordinate their musculature. Bowel movements can be as infrequent as once a week but as long as they are soft there is no need to worry. Bowel movements can be anywhere from yellow to green. Call if the color is white or bloody.

### *About this guide*

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

# Safety

- **Call the office if your baby has a fever which is 100.4° F or above (the best way to measure temperature is with a digital thermometer rectally), if your baby is very irritable or not behaving or feeding normally.**
- **The AAP Recommends using backward-facing toddler car seats until a child is 2 years old and weighs over 20lbs. Do not leave your child in the car.**
- **Never leave your baby alone with other young children, siblings or pets.**
- **The water heater should be no higher than 120°F**
- **Do not eat or hold hot liquids and food while holding your child.**
- **Smoke & carbon monoxide detectors should be present in your home.**
- **Using a bassinet? Make sure it has a sturdy base.**
- **When using a crib, make sure the side is always up. Do not place cushions around your baby or put any toys, blankets or bumpers in the crib. Crib slats more than 2 3/8 inches apart can cause injury.**
- **Your baby should always sleep on his/her back. This is because sleeping on the stomach can lead to SIDS (sudden infant death syndrome)**

## Development & Behavior

Babies will open their eyes and smile spontaneously. Gradually they will start to follow with their eyes and by 2 months can follow past midline.

## The Next Visit

Your baby's next appointment will be at 2 months of age, at which time your child will get a set of immunizations including: Pentacel [combination of DTaP (Diphtheria, Tetanus and Pertussis), IPV (polio), hemophilus influenza B], Hepatitis B, Prevnar (pneumococcal), and Rotavirus (Rotateq) vaccine which is oral (by mouth, not a shot).

**live healthy  
enjoy life**