



## Pediatric Development - 2 Weeks to 2 Months

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Date: \_\_\_\_\_

\_\_\_\_\_’s growth record

Weight: \_\_\_\_\_ pounds \_\_\_\_\_ ounces

Length: \_\_\_\_\_ inches

Head circumference: \_\_\_\_\_ inches

### DEVELOPMENT

Your baby will continue to learn and grow rapidly during this time. He or she will spend increased time awake and have increased interaction with his or her environment. Head and eye control should improve and hands will open more, with the baby able to hold a rattle briefly toward the end of this period. Your baby will respond to cuddling, spoken words and rocking by smiling more. Your baby’s primary communication will remain by crying. By 2 months of age, the baby may cry more frequently for no apparent reason. Make sure he or she does not need a feeding or changing and nothing is hurting the baby. If your child cannot be consoled after a reasonable amount of time and you cannot find a reason for the irritability, call your physician.

### NUTRITION

During this time, expect your baby to gain about one ounce per day and grow about one inch per month. The baby should continue to receive only breast milk or formula, with added vitamins, iron or fluoride as indicated by your doctor. Hold your baby while feeding – do not prop the bottle, because this can lead to tooth decay and ear infections.

### BREAST-FEEDING

Your baby can nurse when hungry – feedings do not have to occur late at night if the infant is sleeping. Breast milk can be refrigerated for two days or frozen for longer; this allows the father to feed the baby, too. If the mother takes any medication, please discuss this with your health care provider.

### FORMULA FEEDING

The amount of formula you feed your baby may increase up to 40 ounces per day. More frequent burping and smaller, more frequent feedings will help decrease spitting up. Your baby does not have to finish each bottle. Remember that every baby develops and grows at his or her own schedule. Comparing children does not help and may cause useless concern.

### IMMUNIZATION

Discuss with your physician which immunizations your child should receive and the potential side effects. To help with the possibility of some of the side effects, Tylenol<sup>®</sup> (acetaminophen) may be given every four to six hours over the next 24 to 48 hours. If you have any questions about your child’s reaction to the vaccine, please talk with your health care provider.

### SAFETY

- Protect your baby from burns. Always check the bath water temperature. Set the water heater at 120 degrees Fahrenheit or less. Do not drink hot liquids or smoke while holding the baby.
- Make sure you have working smoke detectors in the house and the nursery.
- Do not microwave baby bottles. Shake bottles midway during heating and carefully check formula temperature on your wrist before feeding your baby.
- Always use an approved car seat that is rear facing and securely placed in the center of the back seat.
- Do not leave your baby unattended anywhere. This includes on elevated surfaces such as beds or tables, in the bathtub, with young siblings, with pets or in the car.
- Choose a baby sitter carefully, give clear instructions and always leave phone numbers for yourself and the doctor in case of emergency.
- Do not use a long cord to attach a pacifier or toy to the baby or crib.
- Choose unbreakable toys that have no small parts to come off, have no sharp edges and are too large to be swallowed.
- If you do not have a thermometer, get one and learn to read it. Thermoscans® or ear thermometers are not recommended at this age.
- Do not use Q-Tips to clean the baby's ear canals.
- Trim nails (fingers and toes) with clippers only and preferably while the baby sleeps.
- Make the home and car smoke free. Smoking places the child at risk for infections and increases the risk of sudden infant death syndrome (SIDS).
- Dress your baby in layers so that clothing can be removed or added as the weather or temperature demands.

**CALL YOUR PHYSICIAN IF YOUR BABY HAS:**

- Temperature of 100.4 degrees Fahrenheit (38.0 degrees Celsius) or higher
- Blue or yellow skin color
- Decreased appetite or increased irritability
- Vomiting or diarrhea.

Your baby's next scheduled physician visit is at 4 months of age, but if you have problems, concerns or questions, please contact your physician.