

HEALTH SUPERVISION VISITS

TWO MONTH VISIT

INFANT BEHAVIOR

- Hold, cuddle, talk/sing to baby
- Maintain regular sleep/feeding routines
- Put baby to sleep on back; keep sides up; don't use loose, soft bedding; have baby sleep in own crib
- Use "tummy time" when awake
- Learn baby's responses, temperament, likes/dislikes
- Develop strategies for fussy times

NUTRITIONAL ADEQUACY

- Exclusive breastfeeding during the first 4-6 months is ideal; iron-fortified formula is recommended substitute; recognize signs of hunger, fullness; burp at natural breaks; not extra fluids or food
- If breastfeeding; Continue with 8-12 feedings in 24 hours, plan for pumping/storing breast milk if returning to work/school
- If formula feeding; Prepare formula safely; feed every 3-4 hours; hold baby semi-upright; don't prop bottle; no bottle in bed

SAFETY

- Use rear-facing car safety seat in back seat; never put baby in front seat of vehicle with passenger air bag
- Always use safety belt; do not drive under the influence of alcohol or drugs
- Don't drink hot liquids while holding baby; set home water temperature < 120 degrees F
- Don't smoke; keep home/vehicle smoke-free
- Don't leave baby alone in tub or high places (changing tables, beds, sofas); keep hand on baby.
- Keep small objects, plastic bags away from baby

DEVELOPMENT

- Lifts head
- Follows to midline
- Vocalizes, smiles