



INFANT CARE FROM AGE 2 TO 4 MONTHS

www.northfultonpediatrics.com

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FEEDING

Either breast milk or iron-fortified formula is the best source of nutrition for your infant during the first year of life. We recommend starting babies on cereal as their first solid food between 4 and 6 months of age. Your infant has probably established a more predictable feeding schedule of 5 to 6 times daily. Infant feeding demands will continue to vary from day to day. Breast-fed babies are usually feeding every 2-3 hours and are getting enough if they are gaining weight and are wetting their diapers at least 6 times daily. Most bottle-fed infants this age will take 26-32 ounces each 24 hours. All breast-fed infants need to take a vitamin D supplement daily unless they are taking more than 17 oz. of formula per day. We recommend D-Vi-Sol, 1ml by mouth once a day.

FEEDING TIPS

Spitting up is common in most infants, especially with burping. It is mainly a messy nuisance, and not a medical problem as long as your baby is gaining weight. Never prop a bottle or feed your baby lying down. This not only increases the chance of ear infections, but can also lead to choking.

SLEEPING

Your infant will continue to sleep a large portion of every 24 hours. You may begin to notice periods of wakefulness in the morning, late afternoon, and evening. This is the start of a more predictable sleep pattern. At this age, 50% of infants can sleep a longer stretch at night, (i.e. 6 hours) while others may still awaken every 3 to 4 hours. Place your infant in the crib when she is drowsy but awake. She will learn to put herself to sleep without you. Be patient, often it takes 20 minutes of restlessness for a baby to fall asleep. If she is crying, rock and cuddle her, but when she settles down, try to put her back in the crib before she falls asleep. If a nighttime feeding is still necessary, discourage playfulness, and put your infant back to sleep as soon as possible. As your baby's startle reflex goes away, swaddling can be stopped. This is usually around 3 months of age.

ELIMINATION

The stool pattern will often be more regular and predictable. The "normal" pattern may vary from one at each feeding to a soft stool every few days.

CRYING

At 2 months of age, the average baby cries for 2 to 3 hours a day, but crying will begin to lessen now. You may notice that your baby's cries are not always the same. For example, the cry when hungry may be different from the cry when wet or when your baby wants to be held. You should always respond to a crying baby. Gentle motion, cuddling, and swaddling seem to help the most. Our website has information on proper swaddling. If your baby seems to cry excessively, or you have a difficult time consoling your baby, give us a call to further discuss this concern.

DEVELOPMENT/PLAY

Your baby will continue to surprise you with new developmental milestones! Your baby can or soon will be able to smile and make cooing sounds in response to being talked to and played with, focus her eyes, and briefly follow objects. She should have a little more head control now. Continue to play with your baby. While awake, you should keep your baby in the room with you to enjoy the surroundings. Be sure to look your baby in the eye when feeding or talking to her. Respond enthusiastically to her coos and babbles. Take turns listening and responding to each other to encourage communication skills.

SAFETY

Always use an approved car seat for any length trip. The car seat should face the rear of the car until your child is 2 years old. (www.nhtsa.gov/Safety/CPS) The car seat should always be placed in the back seat. Never leave your baby unattended in the bathtub - even for a moment. Your baby is learning to roll so watch out for falls from changing tables, beds, and sofas. Your infant is learning to grasp objects. Good toys include soft, washable toys that are too large to place in the mouth and do not have removable parts. To avoid burns, set your water heater to 120° F or lower and avoid drinking hot liquids when you are holding your baby. **BE CAREFUL OF WELL-MEANING OLDER SIBLINGS WHO MAY TRY TO PICK UP THE BABY OR FEED THE BABY FOOD OR OBJECTS.**

FEVER

Fever is a symptom, not a disease. The fever itself is the body's normal response to infections and helps your child fight them. We are not worried about the height of the fever but about your child's symptoms. **Call us if your child has lethargy, difficulty breathing, inconsolable crying, or you are concerned about his/her temperature.**

Your child's next well childcare visit should be at 4 months of age.

Additional Resources for Parents

Visit our web site at www.northfultonpediatrics.com

Caring For Your Baby And Young Child, Birth to Age 5, by The American Academy of Pediatrics

www.aap.org/bookstore

www.chop.edu/service/vaccine

www.healthychildren.org

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