

# HEALTH TRACKS

A Newsletter From Local Public Health to Improve the Health of Families in NW Minnesota



**Public Health**  
Prevent. Promote. Protect.

AGE - 2 MONTHS



## GREETINGS!

Time flies! Your baby will soon be 2 months old. In the past few months, both you and your baby have gone through many adjustments to your "new world". Your child is unique and has many special qualities. Let your baby show you how to play again. You'll have a lot of FUN being a parent.

## YOUR CHILD'S HEALTH CARE

### Well-Child Check-Ups:

Now is the time for you to schedule an appointment for your child's 2 month health check-up and immunizations or shots are also due now. Be sure to obtain your baby's immunization record card if these are his/her first shots or take the record with you.

### Immunizations (shots):

A series of shots will be given to protect your baby from many major preventable childhood diseases. It is important to discuss the immunization schedule with your health care provider because the recommendations for vaccines may change as new and improved vaccines become available. If you have any questions, contact your doctor or local public health clinic.

## COMMON HEALTH CONCERNS

Seek medical attention if any of the following continue past 24 hours:

- ◆ Diarrhea
- ◆ Cold
- ◆ Fussiness
- ◆ Rashes
- ◆ Fever

## ACTIVITY TIP

Always hold your baby while feeding him/her. Talk or sing to him/her during this time. Feeding should be an enjoyable time for BOTH of you.

## YOUR GROWING CHILD

In the next 2 months you will notice that your baby may do some of the following:

- ✿ Smile and coo back to your sounds
- ✿ Move arms and legs easily and grasp at a rattle
- ✿ Raise head when lying on his/her tummy
- ✿ Look at you often and watch your face
- ✿ Lift head upright when held in sitting position

**REMEMBER:** *Premature infants may develop more slowly. Be sure to contact me if you have any concerns.*



## ACTIVITY TIP

The importance of Tummy Time. Babies are able to crawl on hands and knees, move in and out of sitting and eventually pull to stand as a result of Tummy Time in infancy.

## FEEDING YOUR CHILD

Ideally your baby will continue his/her diet of breast milk or formula without any additions from ages 1 to 4 months. If it seems that your baby drinks "all the time" - it's because he/she needs a lot of calories for growing. By 5-6 months, your baby should double his/her birth weight.



## Safety Check

Here are a few simple rules to follow to make sure that your baby is safe:

- ✓ Use an approved car safety seat EVERY time your child rides in the car. It's the LAW and car seats save lives. The safest place for all children is in the back seat.
- ✓ Always place in rear-facing safety seats in the reclined position at a 45 degree angle.
- ✓ Do not smoke in the house or the car with your child.
- ✓ Never hold your baby while drinking HOT liquids or cooking by a hot stove or oven.
- ✓ Do not leave baby alone on a bed or table. (Infants start to roll at 2-4 months.)
- ✓ Check bath water with your elbow. NEVER leave baby alone in the bathtub.
- ✓ Never heat your baby's bottle in a microwave oven. It heats unevenly and leaves hot spots.
- ✓ Check all toys for sharp edges and for small parts that come off easily.
- ✓ Learn CPR.

## POSITIVE PARENTING

Help your baby develop a sense of trust:

- ★ Cuddle and play with him/her often
- ★ Don't worry about spoiling your baby with too much attention.

Developing trust is important:

- ★ Babies need to trust their adult caretakers.
- ★ But it is important for child and parent to feel good about their relationship.

Older children may still be having a hard time adjusting to your new baby.

Invite older brothers and sisters to play with the baby.

Set clear and consistent rules such as never pick up the baby without permission.

*\*JUST A REMINDER - IF YOU HAVEN'T HAD YOUR POST PARTUM CHECK-UP - CALL NOW*

**Be sure to talk to your doctor if you continue to feel blue or sad.**



## ACTIVITY TIP

Bright toys, soft music, gentle touch and talking to your baby helps him develop his/her senses.

Don't forget to let me know any change of name, address or phone number so I can keep in contact with you. Do feel free to contact me for more information.

I will be writing to you again before your baby is four months old. Enjoy your baby and these special days. Good-bye for now!



### Public Health

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