



2 Months



Nutrition

- Breast milk and/or formula remain primary nutrition.
- Many babies feed every 2 to 4 hours.
- Feeding amounts and schedules may vary.
- Growth over time matters more than one feeding.
- Call us with feeding or weight concerns.

Vitamins

- Breastfed babies usually need vitamin D; we can guide you on dosing and options.



Sleep

- Many babies begin clearer day/night patterns now.
- Sleep may still be unpredictable.
- Naps often vary in length.
- Night waking is still common.
- Keep bedtime calm and consistent when possible.
- Always place baby on their back to sleep.
- Use a firm, flat sleep surface.
- Keep loose items out of the crib.



Connection & Play

Your baby learns through interaction.

Try:

- Talking face-to-face
- Smiling back
- Singing
- Reading aloud
- Gentle Movement
- Supervised tummy time

Simple moments build development.



Development

Many babies may begin to:

- Smile socially
- Coo and make sounds
- Watch faces closely
- Follow objects with their eyes
- Hold head up briefly
- Bring hands to mouth

Milestones happen on a range of timelines.



2 Months



Stools

Breastfed stools may be:

- Frequent
- Loose
- Infrequent
- Yellow or green

Formula-fed stools may vary more in color and consistency.

Call us for:

- Hard stools
- Ongoing discomfort
- Blood in stool
- Feeding concerns



Fussiness

- Fussiness often peaks in early infancy.
- Evenings may be harder.
- Feeding, rocking and swaddling may help.
- Please call with persistent, inconsolable crying.



Development Screening

- Future visits may include Ages & Stages screening tools. These help us monitor growth and development over time.



Vaccines

Recommended vaccines may be discussed or given today based on your child's schedule. These often include:

- DTaP
- Pneumococcal
- Hib
- Rotavirus
- Polio
- Hepatitis B

We are happy to answer any questions.



Upcoming 4 Month Visit

We often discuss:

- Longer sleep stretches
- Solids readiness
- Rolling and movement
- Continued milestones
- Recommended vaccines



When To Call Us

- Fever of 100.4°F or higher
- Breathing concerns
- Anything concerning you
- Poor feeding
- Persistent vomiting
- Lethargy
- Fewer wet diapers