

OLD TAPPAN PEDIATRICS

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TWO MONTHS

MILESTONES

Regards faces. Turns to sounds and lights.
Starting to coo and smile responsively
Lifts head slightly while on stomach

NUTRITION

Breastfeeding or formula
On demand, 2 - 2 1/2 oz/lb/day (usually in the 24-32 oz/day range)
Stools may be daily, or every few days with nursing babies (this is normal if stools remain soft)

VITAMINS

If breastfeeding, give Tri-Vi-Sol 1 dropperful daily (over the counter Vit A,C,D supplement)

ANTICIPATORY GUIDANCE

Car seat in the back seat facing backwards to two years of age
Put baby on back to sleep (keep up the tummy time during the day!)
Smoke-free environment
How's your mood, mom? Close to 1 in 8 new moms experience some degree of post-partum depression. It is not only common, but easily treatable. If you feel you may be affected, do not hesitate to discuss it with us or your obstetrician, or call 1(800)328-3838, or go to www.njspeakup.gov

NEXT VISIT

4 months old