
Countryside Public Health



Health

TRACKS

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 lots of fun being a parent.

Your child's health care

REMINDER: If you haven't had your post partum check up, call your health care provider now! Questions about family planning? Please contact your local Countryside Public Health Office.

Well-Child Check Ups:

Now is the time for you to schedule an appointment for your child's 2 month health checkup. Your baby's shots, called immunizations, are due at this time. If your child receives Minnesota Health Care programs insurance, remember to ask the clinic for a Child & Teen checkup for your child's 2 month checkup.

tip

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

Your growing child

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


- ♥ Smiles and coos back at your sounds.
- ♥ Moves arms and legs easily and grasps at a rattle.
- ♥ Raises head when lying on her tummy.
- ♥ Looks at you often and watches your face.
- ♥ Holds head upright when held in a sitting position.


REMEMBER - Premature infants may develop more slowly. Contact your doctor or Countryside Public Health if you have questions.

Immunizations (shots):

Immunizations your child will need at 2 months include:

- ♥ DTaP-Diphtheria, Tetanus, Pertussis (whooping cough) vaccine
- ♥ IPV-Inactivated Polio vaccine
- ♥ Hib-Haemophilis Influenza B Vaccine
- ♥ HBV-Hepatitis B Vaccine (1st is recommended at birth)
- ♥ Prevnar-Pneumonia vaccine
- ♥ Rotateq-Rotavirus vaccine (Oral)

Some vaccines may be combined such as DTaP-IPV-HBV called Pediarix or Hib-HBV called Comvax. Low cost vaccinations are available if your child has no insurance or the insurance does not cover vaccinations. You may call us for  more information.

Talk to your health care provider  about giving your baby non-aspirin medication for fever or discomfort after the vaccinations. (Doses are on page 3).

Be sure to request a GOLD card from your provider so you have a record of your baby's shots. If your child is or will be in daycare, your daycare provider will need a copy of the immunization record also.

Common health concerns

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

- Diarrhea
- Colds
- Fever
- Rashes
- Unusual fussiness or sleepiness

Feeding your child

Ideally your baby will continue her diet of breast milk and/or formula without any additions until age 4 to 6 months.

WIC is a program that provides nutrition education and special foods to pregnant and breastfeeding women, infants and children to age five. Call 1-800-244-6026 to see if you are eligible to receive WIC Program benefits.

Safety check

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

- ✓ Remember to keep baby on side or back when sleeping.
- ✓ Use an approved car safety seat every time your child rides in the car. It is the LAW.
- ✓ Baby should be rear-facing when in a car seat until age 1 year and 20 lbs.
- ✓ Car seat should be less than 6 years old.
- ✓ Never leave baby unattended in the car.
- ✓ Never hold your baby while smoking, drinking hot liquids, or cooking by a hot oven or stove.

- ✓ 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 tub.
- ✓ Never heat your baby's bottle in a microwave oven.
- ✓ Do not prop bottle.
- ✓ Check all toys for sharp edges and for small parts that come off easily.
- ✓ Learn CPR.
- ✓ Do not use sunscreen on babies under 6 months old. Keep them out of the sun entirely. Ensure full shade with carriage hoods, canopies, and umbrellas.
- ✓ Wipe out baby's mouth with a soft moist cloth at least one time a day.

Positive parenting

Help your baby develop a sense of trust:

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



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 picking up the baby without permission.

Getting ready for baby shots

- + When you go to the clinic, bring along baby's favorite things: bottle, blanket, toys.
- + While at the clinic, stay in close contact with your baby: Touch, comfort, and hold your baby.
- + Keep your baby busy and happy while at the clinic: rock, sing, carry, and play peek-a-boo or other games the baby enjoys.
- + After a shot, babies may be fussy, have a low fever and soreness at the shot site. Try putting a cool or warm cloth on the area where the shot was given. (Don't use a warm cloth if your baby has a temperature over 102°.)
- + If possible, put baby to breast or give bottle soon after receiving shots to help comfort baby.
- + Use Tylenol or acetaminophen products if your child has a fever. No aspirin - it may cause Reye Syndrome.

tip

Place baby on tummy with favorite toys around but just out of reach. Encourage baby to reach out for toys and move towards them. Babies need playtime on their tummy. Make sure that you are present.

Questions to ask when looking for quality child care ...

1. Is the program licensed or registered?
2. Is the group size okay for my child's age?
3. Is the caregiver trained and experienced?
4. Is there enough space?
5. Is there different places for different activities?
6. Is the outdoor play area fenced, hazard-free and completely visible to the caregiver?
7. Is the space bright and pleasant?
8. Is there an acceptable child-to-staff ratio?
9. Do the caregivers like children?
10. Do the caregivers talk to children at their eye level?
11. Do the caregivers share your beliefs about discipline?
12. Do the caregivers greet your child when you arrive?
13. Do the caregivers comfort children when they need it?
14. Do the caregivers keep you up-to-date on your child's activities?
15. Are the caregivers available to answer your questions?
16. Do the caregivers smoke?
17. Are there active times and quiet times each day?
18. Are the activities correct for your child's age?
19. Are toys safe for each age, clean, and available?
20. Are you allowed to visit unannounced?
21. Are there ways for you to get involved?

Materials adapted from Child Care Aware: A Partnership for Quality Child Care

If you give your baby a pain medicine

Some babies feel better if they get a pain reliever after a shot. The best choice for children is acetaminophen, such as Tylenol, or a generic brand. Consult doctor regarding appropriate dosage for child's age and weight. **DO NOT GIVE ASPIRIN!**

BE SURE TO FOLLOW THE DIRECTIONS ON THE LABEL. General guidelines are to give the medicine every 4-6 hours for 48-72 hours. Give no more than 5 doses in 24 hours. Write down the time you give the medicine, so you will remember it.

NEVER GIVE MORE THAN THE RECOMMENDED DOSE WITHOUT TALKING WITH YOUR DOCTOR. If you have a question about the right dose, follow the weights listed rather than the ages.

**We hope you are finding our letters helpful.
Contact Countryside Public Health with any questions or concerns.**

**We will be writing to you again before your baby is four months old.
Enjoy your baby and these special days.**

Countryside Offices

Swift County

201 13th St. S. • Benson, MN 56215
320-843-4546 or 1-800-657-3291

Yellow Medicine County

415 9th Avenue • Granite Falls, MN 56241
320-564-3010 or 1-800-407-3628

Chippewa County

719 N. 7th St. • Suite 308 • Montevideo, MN 56265
320-269-2174 or 1-800-894-0192

Lac Qui Parle County

600 6th Street • Madison, MN 56256
320-598-7313 or 1-800-255-0736

Big Stone County

47 NW 2nd St. • Suite 104 • Ortonville, MN 56278
320-839-6135 or 1-866-277-5587

* Much of this letter includes excerpts from the Communities Caring from Children Health Tracks Newsletter