

AGE – TWO MONTHS

Health Tracks

A Newsletter from Caring Connections and Otter Tail County Public Health



Greetings!

Time flies! Your baby will soon be two months old. In the past few months both you and your baby have gone through many adjustments. 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 two month health check-up. Your baby's shots, called immunizations, are due at this time.

Immunizations (Shots)

A series of shots will be given to protect your baby from many major childhood diseases. At two months your baby needs:

- ◆ DTaP
- ◆ Polio Vaccine
- ◆ HIB Vaccine
- ◆ Hepatitis B
- ◆ Pneumococcal
- ◆ Rotavirus

If you have any questions about paying for shots, call us.

Talk to your health care provider about giving your baby **non-aspirin** medication if your baby is uncomfortable. (**Never** give a child aspirin!)

Activity Tip

Always hold your baby while feeding
Talk or sing to baby during this time
Feedings 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 to your sounds
- moves arms and legs easily and grasps at a rattle
- raises head while laying on tummy
- looks at you often and watches your face
- lifts head upright when held in a sitting position

Remember: Premature infants may develop more slowly. Be sure to contact us if you have any questions or concerns.

Feeding Your Child

Ideally your baby will continue on a diet of breast milk or formula without any additions from age one to four months.

Safety Check



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

- ✓ Use an approved car seat **every** time your child rides in a car. It's the **LAW!**
- ✓ 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, as infants start to roll at 2-4 months.
- ✓ Check bath water with your elbow.
- ✓ Never leave a baby alone in the tub.
- ✓ Never heat your baby's bottle in a microwave oven.
- ✓ Check all toys for sharp edges and small parts that come off easily
- ✓ Learn CPR

Positive Parenting



Help your baby develop a sense of trust:

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

Older children may still be having a tough time adjusting to the new baby

- ♥ Invite older brothers and sisters to play with the baby
- ♥ Set clear and consistent rules such as never picking up baby without permission

We hope you have found Health Tracks helpful. Please feel free to contact us for more information.

If you are a first time family, we hope you are receiving and enjoying the Caring Connections home visits. Please call us if you have questions about this voluntary home visiting program offered to first time families at no charge.

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

Common Health Concerns



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

- ◆ Diarrhea
- ◆ Fever
- ◆ Colds
- ◆ Rashes

Have you had your postpartum check-up?

Caring Connections
P.O. Box 394 • Fergus Falls, MN 56537
218-731-4163

Activity Tip

Place baby on tummy with favorite toys around but just out of reach

Encourage baby to reach out for toys and move toward them

Otter Tail County Public Health Family Health Services

560 W. Fir • Fergus Falls, MN 56537
1-218-998-8320
118 North Main • New York Mills, MN 56567
1-218-385-5500

Children's Dosage Chart

Age:	0-3 Months	4-11 Months	12-23 Months	2-3 Years	4-5 Years
Weight in pounds:	7-12	13-21	22-26	27-35	36-45
Acetaminophen drops in dropperfuls 1/2 dropper = 40 mg 1 dropper = 80 mg	0.5	1	1.5	2	3
Acetaminophen Elixir in teaspoonfuls 1 teaspoon = 160 mg	--	0.5	0.75	1	1.5
Acetaminophen Chewable Tablets 1 tablet = 80 mg	--	--	1.5	2	3

NOTE: All dosages may be repeated every four hours, but do not exceed five doses daily. It is unusual to need medication for more than one day following D.T.P. immunization. **Do NOT use aspirin!**