



2-Month Checkup

Date:

Weight: lb oz %

Height: in/cm %

Head circumference: %

*"Having a new baby is a lot of work,
but that smile melts my heart!"*

—Kaiser Permanente mom

Your baby may be ready to ...

- Coo, gurgle, and sigh.
- Smile back when you smile.
- Respond to voices.
- Push up with arms while on their tummy.

All babies develop at their own pace. If you have concerns about your baby's development, talk with their doctor.

Feeding



**Make feeding a
special time to be
close with your baby.**

Some parents wonder if they're feeding their baby the right amount. Watch for cues—feed when they show signs of hunger, stop when they show they're full.

Signs they're hungry:

- Putting hand to mouth
- Sucking and rooting
- Fussing

Signs they're full:

- Turning away
- Closing mouth
- Relaxing arms and hands

If you're breastfeeding:

- Continue feeding on demand.
- Remember that it may sometimes seem like your baby's always eating. This won't last forever.
- Give infant vitamin D drops every day to develop strong bones.
- Call us at 866-454-8855 if you need support.

Preparing to go back to work or school:

- Start pumping 1 to 2 weeks in advance to build up a supply.
- Pump in the morning after your baby's first feeding, when you can.
- Store pumped milk safely in the refrigerator or freezer.

Pumping breast milk can take practice. Learn more at kp.org/mydoctor/breastfeeding.

If you're formula feeding:

- Feed your baby on demand about 2 to 4 ounces every 2 to 4 hours.
- Warm bottles in a bowl of hot water or warmer (don't use a microwave).

Parenting



**Caring for a
baby can
be stressful.**

- Take care of yourself, too.
- Eat healthy and rest each day.
- Talk about your feelings and ask for support if needed.
- Call us if you need help coping with feelings of sadness or anxiety.

Soothing



**Hold, talk,
and sing to your
baby often.**

Newborns love to be held. You can't spoil them by holding them too much.

Things to try when baby's fussy:

- Feed and burp; rock or walk.
- Change diaper if needed.
- Try skin-to-skin contact, a pacifier, or white noise like a fan.
- Put your baby in the crib for a few minutes when you need a break, or ask for help from a trusted adult.

Healthy habits



Help your baby thrive and stay healthy as they grow.

- Limit exposure to screens. TV and videos can negatively affect early brain development in babies.
- Don't smoke or vape or let others smoke around your baby. Smoking increases the risk of SIDS (sudden infant death syndrome, or crib death), ear infections, asthma, colds, and pneumonia
- Place your baby on the floor for a few minutes of "tummy time" each day. This builds neck and shoulder muscles and prevents flat spots on the head.
- Turn your baby's head to a different side each time you put them down to sleep or nap.
- Keep your baby out of the sun as much as possible. Stay in the shade or cover up.

Safety



Keep your baby safe at home and on the road.

- Put your baby in a properly installed, rear-facing car seat in the back seat for every ride. Never leave your baby alone in the car.
- Check water temperature before bathing. It should feel warm, not hot. Never leave your baby alone in the bath—even for a second.

- Install smoke and carbon monoxide detectors and check them regularly.
- Don't leave your baby alone on a bed, sofa, or changing table.
- Avoid drinking hot liquids when near or holding your baby.
- Never shake or spank your baby. This can cause serious injury and even death.
- Choose safe toys made for your baby's age.
- Be sure anyone who spends time with your baby is up to date on their immunizations—especially Tdap and flu.

Sleeping



Remember the ABCs: Babies should sleep alone, on their backs, in a safe crib.

Reduce the risk of SIDS (sudden infant death syndrome):

- Put your baby to sleep on their back in a crib or bassinet with a tight-fitted sheet. Don't add soft items like blankets, bumpers, or stuffed animals.
- Don't put your baby to sleep in your bed, on a couch or chair, or let yourself fall asleep while holding your baby.
- Offer a pacifier (but don't force your baby to take one). If it falls out once your baby is asleep, don't reinsert it.

More sleep tips:

- Try not to let your baby sleep for more than 3 hours at a time during the day. Long naps can interfere with nighttime sleep.
- Make nighttime changings and feedings brief and boring. Keep the lights low and don't talk or play.
- Keep the room where your baby sleeps comfortably cool.

Some babies cry before falling asleep. If they're fed, dry, and comfortable, it's okay to let them fuss for a few minutes.

Your next checkup is at 4 months.

____ / ____ (date/time)

Your baby's immunizations (shots) are due at this visit.

- ✓ Call our 24/7 Appointment and Advice Call Center at 866-454-8855 if you have questions or concerns about your baby's health.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit kp.org/mydoctor for more resources.

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other medical professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor. If you have questions or need more information about your medication, please speak to your pharmacist.

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90382-000 (Revised 12/23) RL 6.4