

DEVELOPMENT

- Most infants are still not sleeping through the night. With a good feed in the evening, you *may* be able to get up to 5-6 hours at night. Adding cereal in the evening is not recommended at this age, and does NOT help them sleep through the night.
- Infants' eyes may sometimes cross though they should be able to follow objects with their eyes.
- Spitting small amounts after feeding is common. To avoid this, burp frequently and leave your child in an upright position for 15-30 minutes after feedings.
- Your infant may quiet himself with sucking his fingers or a pacifier.
- When your infant is face down, he/she can lift his/her head and hold it *in line* with his/her body. He/she may start to roll over.
- Your infant may be beginning to gurgle, coo, and smile, and will do more of this as he/she moves towards 3 months of age.

DIET

- Infants generally wake in order to feed as they are still growing rapidly and have a relatively small stomach capacity. As long as the child is growing well, continue to feed on demand.
- Breast milk or formula fortified with iron is all that is necessary. Breast fed babies can now start Tri-vi-sol or Poly-vi-sol (liquid vitamin) if they have not already started. Formula fed infants get all the vitamins they need in their formula.
- No solid foods are recommended until 4 - 6 months of age. Early introduction of solids has been shown to increase the risk of developing food allergies as well as adult obesity.

HYGIENE

- Gently scrub the baby's head and scalp with baby shampoo. Use a mild soap for your infant's body. Use water alone on the face.
- Do not put Q-tips down in your infant's ear canal.
- Bathe every 2-3 days.
- Be sure to clean formula from under the baby's neck if he/she spits up.

SAFETY

- An approved car seat should be used on all car rides - even in someone else's car. Remember, rear-facing until one year **and** 20lbs.
- The infant should sleep on his/her back and not on their stomach. Placing infants to sleep with a pacifier *may* reduce risk for SIDS.
- Infants become more active and will begin to roll over soon. Never leave your infant on a surface from which he could fall.
- Avoid holding your infant while cooking, smoking, or drinking hot liquids.
- Never prop a bottle or give a bottle in bed. This can lead to choking and severe tooth decay, even before the teeth erupt.
- Do not put an infant seat on anything but the floor when the baby is in the seat.
- Have working smoke and carbon monoxide alarms in your home.
- To protect your child from scalds, the temperature of your hot-water heater should be set no greater than 120° F.
- Do not heat the bottle in microwave, as it heats unevenly and may burn your baby's mouth. Leave at room temp or warm by placing bottle in cup of warm water.
- Avoid excessive sun exposure. Try to shade your infant or use light clothes. Sunscreen is not recommended under the age of 6 months.

STIMULATION

- Infants enjoy looking at mirrors, pictures of faces, and bright colors.
- When your baby is awake, position him/her so that he/she can watch what you are doing.
- Babies will suck on almost anything—give them something without small parts or chemical coatings.
- Babies love to be sungled and talked to while being cuddled. You may want to start reading books to your child.

TOYS

- Infants at this age enjoy sounds and music, crib games, squeeze-toys and colorful blocks.
- Toys should be unbreakable, contain no small detachable parts or sharp edges. Make sure that they are too large to swallow.
- There is a high potential for injuries with infant walkers and they are not generally recommended, especially if you have stairs in your home.

ILLNESS

- Fever ($T > 100.4$ F) may occur when the baby is ill. If your baby is not acting normal, won't smile or make eye contact, or if fever is high, you should contact our office or the doctor on call. If you would like to help your baby feel more comfortable, try a lukewarm bath and/or acetaminophen (e.g. Tylenol Infant drops) in the appropriate dose for his/her weight. (See below or refer to the dosing table which can be found on our website @ esdpeds.com)
- Other symptomatic medicines are not overly helpful, or generally recommended at this age. Consult the doctor regarding their use.

IMMUNIZATIONS

- Today will be your baby's first set of multiple immunizations with DtaP, HIB, Prevnar, Polio (IPV) and Rotavirus (oral) vaccines.
- Some children have mild reactions to the shots. Low-grade fever can be common. Some infants develop pain and redness in the area where the shot was given, which may cause the baby to be cranky. To help alleviate some of these symptoms, you may use acetaminophen drops (Tylenol, Temptra or Panadol Drops). The dose is: _____ ml every 4 hours as needed. Ibuprofen is not approved under age 6 months.
- Please call the office if your infant has a fever of 103° F or greater, constant crying, high pitched crying, difficulty waking, has a convulsion, or any other symptom that seems severe.