

HEALTHY *and* SAFE at 2 Months

Tips for Keeping Your Baby Healthy and Safe

Getting to Know Your Baby

- Have simple routines each day for bathing, feeding, sleeping and playing.
- Hold, talk, cuddle, read, sing, and play often with your baby.
- Learn what things your baby does and does not like.
- Put your baby on his or her tummy when awake and you are there to watch.
- Notice what helps to calm your baby. Try giving your baby a pacifier, fingers or thumb. Try stroking, talking, rocking, or going for walks.

Your Baby and Family

- Give your other children small, safe ways to help with the baby. They can do things like bringing you things you need, or holding the baby's hand.
- Spend special time with each child reading, talking, or doing things together.

Keeping Your Baby Safe

- Keep your car and home smoke free.
- Keep plastic bags, balloons, and other small objects away from your baby.
- Your baby can roll over, so keep a hand on your baby during dressing or changing.

Car Safety

- The car safety seat should be in the middle of the back seat facing backwards in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your seat belt.
- Never drink or use drugs and drive.



Taking Care of Yourself

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup after your baby is born.
- Find time to spend alone with your partner.
- Keep in touch with family and friends.

Feeding Your Baby

- Feed your baby only breast milk or iron-fortified formula in the first 6 months.
- Do not feed your baby solid foods, juice, or water until about 6 months.
- Feed your baby when they are hungry.
Your baby may:
 - Put hand to mouth
 - Suck
 - Fuss
- End feeding when your baby is full.
Your baby may:
 - Turn away
 - Close mouth
 - Relax hands
- Burp your baby during natural feeding breaks.

Formula Feeding

- Feed your baby 6–8 times each day.
- Make sure to prepare, heat, and store the formula safely. If you need help, ask your child's doctor or nurse.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

Breastfeeding

- Breastfeed 8–12 times per day.
- Plan to pump and store your breast milk.
- Let your child's doctor or nurse know if you need help.

Bath Safety

- Set the hot water heater lower than 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

Sleep and Your Baby

- Put your baby to sleep on their back.
- Your baby should sleep in a crib in your room, not in your bed.
 - Use a crib with slats less than 2 3/8 inches apart.
 - Don't use a crib with drop sides.
- Pat, rock, undress or change the diaper to wake your baby to feed.

Finding Child Care

- Start planning for when you may go back to work or school.
- Ask your child's doctor or nurse for help to find things your family needs, including child care.
- Know that it is normal to feel sad about leaving your baby or upset about your baby going to child care.
- Find clean, safe, and loving child care for your baby. For help finding child care in your community:
 - Call your county's Child Care Resource Development Center at 1-888-917-1100

What to Expect at your Baby's 4 Month Visit:

Your child's doctor will talk about -

- Your baby and family
- Feeding your baby
- Sleep and crib safety
- Calming your baby
- Playtime with baby
- Caring for your baby and yourself
- Keeping your home safe for your baby
- Healthy teeth

To Learn More

- **Poison Control Center** 1-800-222-1222
- **Child Safety Seat Inspection** 1-866-SEATCHECK, 1-866-732-8243 or www.seatcheck.org
- **Immunizations** at aap.org/immunization
- **MaineHealth Learning Resource Center** 1-866-609-5183 or <https://mainehealth.org/healthy-communities/learning-resource-center>
- **Barbara Bush Children's Hospital** www.bbch.org
- **American Academy of Pediatrics** healthychildren.org
- **2-1-1 Maine** (a directory of local services) 211 or 1-877-463-6207 or 211maine.org
- **MaineHealth** mainehealth.org