



KJARTAN D. ARMANN, M.D.
Infant, Child and Adolescent Medicine

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ANTICIPATORY GUIDANCE

2-3 MONTHS

FEEDING:

Breast Feeding

If you are breast feeding, you are giving your baby a natural diet. We recommend that you keep breast feeding until your baby is 1 year old. Introduce a cup between 6-9 months old. Developmentally a baby may drink from a straw starting at 9 months old.

Bottle Feeding

1. If you are bottle feeding, your baby needs formula with iron.
2. Hold your baby during feedings. Babies like the warmth and closeness they feel when you hold them. They feel safe and loved, and you get to know your baby's special ways.
3. Your baby needs to take only 20-32 ounces of formula during each 24 hours. If they are getting more than they need, they may become fat. If the baby wants to suck after finishing a bottle, offer them a pacifier or a clean finger. If your baby won't accept this, offer 1-2 ounces of water in a bottle.

Introduction of Solid Foods

It is not necessary to give solid foods until your baby is between 4-6 months of age. A baby should start solid food by 6 months of age. If solids are introduced after the age of 6 months the baby may not want to take solids from a spoon. Early feeding of solid foods can create problems in the intestines and may give the baby cramps and gas. It may also increase the baby's risk of food allergies. Therefore, do not start solid food until the baby is at least 4 months old.

DEVELOPMENT:

In the next 2 months, your baby will begin to control their head movement, roll from front to back and reach for an object.

Your baby will begin sleeping less and will be more interested in things around them.

Ask your doctor ways in which to teach your baby to learn during play time. This would include playing games, singing songs, taking your baby outside and let them experience the warm and cold air. Let your baby touch new things such as flowers. Hold your baby so they can see the flower, generally keeping it 12 inches away from the baby's face. Read books to your baby. Babies like to hear your voice.



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SAFETY:

Your baby may be injured if left alone, except in the crib or play pen. Choose toys that are too large to swallow, too tough to break, and that have no sharp edges or points. Most toys are marked for age appropriateness.

Keep pins and other sharp objects out of the baby's reach.

Have you bought and are you using a safe car seat? The CHP offers free inspections and installation of car seats. Contact your local CHP for more information.

COMMON CONCERNS:

Sleep

Babies often begin to sleep through the night (5 hours or more of uninterrupted sleep is considered sleeping through the night). This is accomplished, **hopefully**, between 2-3 months of age. Generally your baby will be between 10-15 pounds. It is my experience babies need to be closer to 15 pounds before they can accomplish 5 hours of sleep, but it is not abnormal if they don't. Remember, this is just a guide line.

Babies like sucking. Pacifiers and thumbs are okay.

Diaper Rash

The urine in your baby's diaper can be very irritating to the skin and sometimes can cause diaper rash. If diaper rash occurs:

1. Use cloth diapers with no waterproof cover day or night (except when away from home).
2. Change diapers often, wash your baby's bottom with lots of water after each diaper change. Allow diaper area to dry well before putting a diaper on. Blow drying the diaper area prior to putting on ointment will help thoroughly dry the skin so that the ointment creates a better moisture barrier.
3. Leave the diaper off whenever possible.
4. Use Ivory Snow or Dreft Baby soap to wash cloth diapers. Rinse diapers twice. To the second rinse add one cup of vinegar. DO NOT use softeners.
5. At night, you may apply Zinc Oxide paste (Desitin Overnight relief) to the clean area. Use two diapers if using cloth diapers.
6. The rash may take 10-14 days to clear up. Be patient. If the rash gets worse, call or schedule an appointment to come in.



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Fever

You cannot tell if a baby has a fever by feeling them. You must take a temperature with a thermometer.

A rectal thermometer reading over 100 degrees means your baby has a fever (unless the baby is dressed too warm or your house is hot). If your baby has a temperature of 101 degrees or more, or if your baby appears sick, call the doctor. If the fever is below 101 rectally, but has lasted for more than 48 hours, call your doctor. Early treatment may help your baby get well sooner.

Every baby with a fever needs extra liquids in very small amounts. This will help keep the temperature down. Sips of water may be helpful.

If your baby has a fever, dress them lightly and keep the room cool. Do not bundle up your baby. Please see the Tylenol dosing schedule.



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NORMAL DEVELOPMENT FOR 2-3 MONTHS

- Increasingly smoother motions.
- Lifts chest momentarily while lying on tummy.
- Holds head steady when held or seated with support.
- Discovers hands and fingers.
- Grasps with more control.
- May bat at dangling objects with entire body.
- May begin to sleep through the night.
- Focuses better, but still no more than 12 inches in front of them.
- Follows objects by moving head from side to side.
- Prefers brightly colored objects.
- Cries less frequently.
- Displays greater variety of emotions: distress, excitement and delight.
- Gurgles and coos, particularly when talked to.
- Knows the difference between male and female voices.
- Knows the difference between angry and friendly voices.
- Shows more distress when an adult leaves.
- Quiets down when held or talked to.
- Responds more to mother than anyone else.
- Smiles more frequently at people besides mother.
- Cannot conceive of an object existing if it cannot be sensed.

Each child is unique. It is difficult to describe exactly what should be expected at each stage of a child's development. While certain attitudes, behaviors, and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each age is normal. Consequently, these guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly normal for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones. If you have any concerns related to your child's own pattern of development, check with your pediatrician.

Written by Donna Warner Manczak, Ph.D., M.P.H