

Rourke Baby Record Well Baby Information



Resources

Parents often wonder about their child's health, leading to the frequently asked question: "Is my baby healthy and growing normally?"

These information sheets outline normal and healthy growth and developmental milestones, and common health topics for your baby.

Due to space constraints, some messages are repeated at several ages while others appear only once. Read the complete set of sheets to obtain the entire information.

The Rourke Baby Record (RBR) is a guide that many Canadian doctors and other healthcare professionals utilize for well baby and child visits for infants and children from 1 week to 5 years of age. Its website, www.rourkebabyrecord.ca, includes forms for charting well baby visits and related resources for parents and for healthcare professionals.

You can visit the RBR Parent Resources website (www.rourkebabyrecord.ca) for additional help to answer questions that you may have about your baby.

For more information on your baby's health, the top 5 websites cited by the RBR Parent Resources are:

1. Canadian Pediatrics Society – Caring for Kids (www.caringforkids.cps.ca)
2. Hospital for Sick Children – About Kids Health (www.aboutkidshealth.ca)
3. Parachute - formerly Safe Kids Canada (www.parachutecanada.org)
4. Dietitians of Canada (www.dietitians.ca)
5. Health Canada (www.hc-sc.gc.ca)

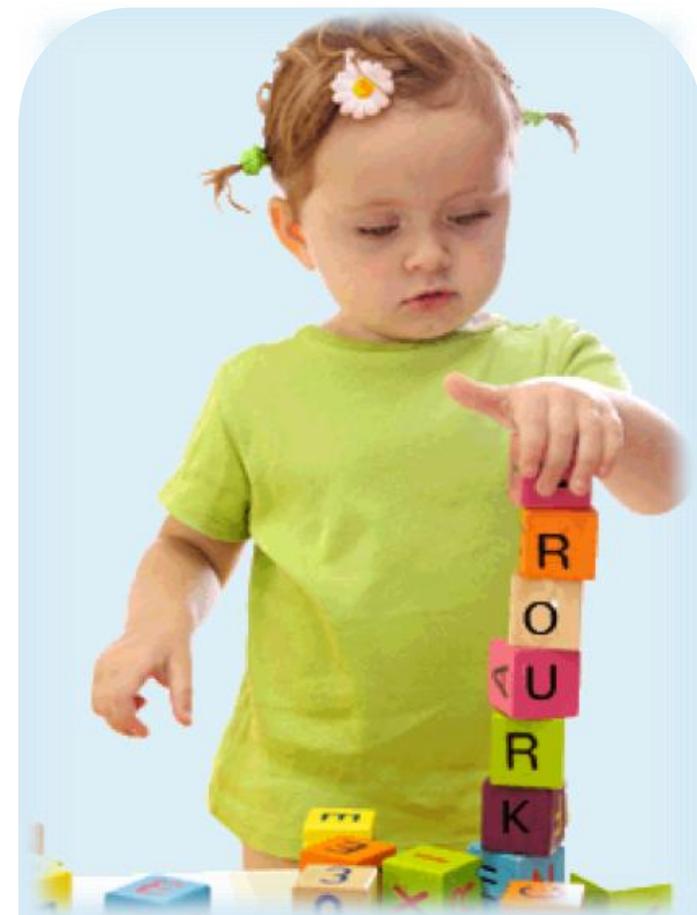
Support and Acknowledgements

The RBR Parent Resources website and this series of information sheets have been created by Laura Butler, BSc, Memorial University of Newfoundland (MUN) Medicine Class of 2014, and the RBR authors (Drs. L. Rourke, D. Leduc and J. Rourke). Two MUN Summer Undergraduate Research Awards, and MUN Professional Development and Conferencing Services have supported these projects. Evaluation project by Dr Aimee Holla, MUN FM Resident.

Support for the RBR includes the Province of Ontario through McMaster University's Offord Centre, and MUN's Dr. W. Ingram Award. Licensing contributions for RBR electronic medical record use go to the MUN RBR Development Fund.

As evidence-based information is constantly changing, the Rourke Baby Record and these recommendations should be used as a guide only.

Dec 6/13



Rourke Baby Record

Well Baby Visit

Information about your baby who is:

2 Months Old



2 months

Feeding & Growth

- ❑ Breast milk is the best food for babies. Breastfeeding lowers the risk of infant infections. Babies at this age feed on demand. They may feed more often during the day and have longer intervals between feedings during the night (you hope!).
- ❑ Other foods are not needed until your baby is 6 months old.
- ❑ If you are breastfeeding, give your baby Vitamin D drops (400 IU/day or 800 IU/day in Northern communities), until she is about 1 year old. Moms should also take Vitamin D themselves while breastfeeding (400 IU/day).
- ❑ Breast milk can be stored for 4 - 6 hours at room temp less than 25C (77F), 8 days in your fridge, 2 weeks in the freezer inside a fridge, 3-4 months in a freezer with a separate door, and up to 6 months in a chest-type freezer below -20C (-4F).
- ❑ The bowel movements (stools) of your breastfed baby may now be firmer and pasty rather than wet and seedy, and can occur as often as several times a day or only once or twice a week.
- ❑ If you cannot breastfeed your baby, use iron-fortified formula. At this age, he will likely drink about 600 to 900 mL (20 to 30 oz) formula per day.

Keeping Baby Safe

- ❑ To prevent falls, never leave your baby alone on her change table or other high surface.
- ❑ To prevent drowning, never leave your baby alone in the bath. Do not use infant bath rings or bath seats.
- ❑ Never shake your baby. This can cause serious brain damage or death. If your baby will not stop crying, and you feel like you are losing control after trying to comfort him, lay your baby in his crib and take a moment to collect yourself before trying to soothe him again.

Vaccinations

- ❑ Vaccinations are very important and help make your baby's immune system stronger by teaching it how to recognize and fight off infections. There is no evidence that vaccinations cause autism. The publicized past study alleging this used false data and has been withdrawn.
- ❑ Pain when the needles are given is less when your baby is breastfeeding or given a sweet liquid, or if a local anaesthetic cream is applied before the needle.
- ❑ After the needles, your baby may have no reaction, or may be fussy or sleep more or less than usual. She may have a mild fever or a little redness or swelling where the needle was given. If needed, you can give her acetaminophen. Call your doctor if her fever reaches 40C (104F), if she is crying/fussy for more than 24 hours, is unusually sleepy or unresponsive, or has swelling at the needle site that is worsening.

Development

- ❑ At 2 months, your baby should:
 - Follow movements with his eyes.
 - Coo and make throaty, gurgling sounds.
 - Lift his head up while lying on his tummy.
 - Be comforted by being rocked or touched.
 - Suck 2 or more times before breathing or swallowing.
 - Smile in response to you smiling at him.
- ❑ Read to your baby to promote literacy.
- ❑ Report any concerns about your baby's development, including her hearing and vision, to her physician or other healthcare professional.

Other Advice

- ❑ Do not use over the counter cough/cold medications, and consult your physician if your baby under 3 months has a temperature that is 38 degrees Celsius or higher.
- ❑ Give your baby supervised "tummy time" for 10-15 minutes 3 times a day to prevent a flat head and to strengthen his neck muscles.
- ❑ Colic occurs in up to 20% of infants. Infants with colic are healthy but have episodes of crying for no apparent reason at least 3 hours/day for at least 3 days/week for more than 1 week. It often occurs from 3 to 8 weeks of age and ends by 3-4 months. Colic has no lasting effect on your baby but can be very upsetting for you. Try cuddling, swaddling, massaging, low lights, soft music, motion (gentle rocking or car ride), pacifier, warm bath, etc. Discuss other options with your healthcare professional. Remember that colic is not your fault.
- ❑ Spitting up (reflux) is common: almost half of healthy 3-4 mo infants spit up at least once daily and almost all stop by 1 year of age. Most require no treatment. Talk to your doctor if your baby is not gaining weight adequately, or cries or coughs during feeding or when spitting up.