



Anticipatory Guidance - 2 Month Checkup

Family

- Maintain consistent family routine
- Postpartum depression/family stress
- Postpartum checkup
- Return to work/school
- Never hit or shake baby

Development and Behavior

- Promote language using simple words
- Talk about pictures/story using simple words/sing

Nutrition

- No bottle in bed
- Bottle-feeding every 3-4 hours
- Breastfeeding 8-12 feedings in 24 hours
- Hold to bottle-feed, no bottle propping
- No microwave to heat milk
- Store breast milk in freezer
- Store prepared formula (for daily use only) in refrigerator

Routine Care

- Clean mouth with soft cloth twice a day
- Skin care
- Thermometer use; rectal temperatures
- Wash hands; avoid crowds
- Tummy time; head control

Safety

- Have baby sleep in same room, in own crib
- No bed sharing
- Crib safety with slats $\leq 2\text{-}3/8$ "
- Do not leave alone in bath water
- Home safety for fire/carbon monoxide poisoning
- Keep hand on infant when on bed or changing on table/couch
- No shaking baby (Shaken Baby Syndrome)
- Provide safe/quality day care, if needed
- Report domestic violence
- Sleep in crib on back with no loose covers or soft bedding
- Use rear-facing car seat in back seat of car until child is at least 2 years old, or reaches the height and weight limit set by the car seat maker
- Water heater at $<120^{\circ}$