

PE D I A T R I C S

of
Northeastern Pennsylvania

920 Viewmont Drive Dickson City PA 18519 570-346-1464

YOUR TWO - THREE MONTH BABY

This is a "settling-in time" for everyone. You are really getting used to this neat little person and probably can't imagine or remember life without them. Isn't it absolutely amazing how one so small can change your entire life in such a brief period of time?

Included in this handout is some general "baby info." to help keep you going.

NUTRITION

Your baby's complete nutritional needs are met, at this time, via breast milk or iron fortified formula. Feedings are usually given 3-4 times during the day with lengthening intervals at night. Solids aren't necessary at this age and are generally not begun until 4-6 months of age.

EXTRA!! EXTRA!!

- Included in this packet is our feeding handout.

SAFETY

You may be feeling courageous enough to travel with baby by yourself now. Remember that all infants and children should ride in car safety seats. The best seat for your child is the one you are willing to use correctly each time your child travels. The most dangerous place for your baby is in your arms, (the "child crusher position"). Even at a low speed (30 mph) crash, your baby would be ejected from your arms and thrown with the same force as a fall from a three story building! You would actually crush your baby between the windshield and dashboard.

There are local service organizations, AAA or hospitals, that rent or sell wholesale car safety seats at a minimal cost. Remember, everyone in the car must be buckled up. An unrestrained child or adult becomes a missile during an accident causing serious or fatal injury to other passengers. You need to set the correct example for your child.

Please don't leave your infant unattended in an infant seat. These chairs can and do tip resulting in injury. Also, your infant will be turning over by 3-4 months so avoid leaving your little one unattended on the sofa, changing table or bed.

Do not hold your infant when drinking hot liquids or near foods cooling on the stove. Be very careful with cigarettes and their ashes to avoid burns and secondary smoke inhalation.

Avoid infant walkers since they allow early mobility with increased chance of injury. (i.e. falling down steps)

CRYING

Baby will tend to be less fussy and more alert and aware at this age. You'll probably be able to recognize hunger cries as different from "I'm wet", ones.

SIBLINGS

If you have older children at home, you may be noticing some strange behavior called "sibling rivalry". Every child wants their parent's full attention. Newborns find themselves the center of attention, worshiped by these "big people" who answer their every need. But, these same sweet babies seem like invaders to older siblings who may feel abandoned when Mom and Dad are busy with baby's needs.

The trick for the parents is to assure all parties that there's enough love and attention for everyone. Learning to share the parent's love is difficult but a normal part of growing up. To share willingly and confidently may take years. Before siblings can share happily, they must first be sure that their parent's love them just as much as they did before the "invasion".

When visitors come, ask them not to forget the firstborn, as they admire the new rival. Don't give the older child's toys to the newborn . . . he will do that when he is ready. Take the older child on special outings without the baby. "You can go to the store with MOM, but, the baby has to stay home." Encourage the older sibling to somehow be involved with baby's care. According to studies done, it seems jealous children feel that they are not liked and feel threatened. You must reassure your child of your love. Don't assume they know. Tell them and show them with lots of "TLC". All of your efforts on this process will pay off in a heightened sense of security and less fighting.

IMMUNIZATIONS

Refer to immunization chart in baby book for immunizations due.

Immunizations and their schedules change according to the American Academy of Pediatrics recommendations. Check with your physician for changes/updates.

SLEEP

Your infants sleep pattern may still vary. The baby may sleep uninterrupted for an 8-12 hour span or awaken 3-4 times. Again, sleep patterns are highly variable and not related to the amount or kind of feedings offered.

GROWING TIPS

Your baby will be achieving greater control of body movement over the next few months. Remember to take time to talk and play with your baby and enjoy this special time, you are the "best" toy for your child. It's important for you (Mom and Dad) to take some "time out" from baby for yourselves. The more relaxed and content you are, the better able you will be to meet your baby's needs.

BABY'S DEVELOPMENT

(between 2-3 months)

Motor

On back, keeps head in mid-position and posture is symmetrical

On tummy, holds chest up and head erect for about 10 seconds; may lift head for many minutes

When pulled to stand, presses feet against surface and stands briefly

Sit, if trunk is supported at hips, with minimal head bobbing

Keeps hands predominately open, grasp reflex fading. May be unable to grasp object

Reaches for object with both arms

BABY'S DEVELOPMENT (CONT.)

Language

Coos, squeals, chuckles, cries less
Vocal-social response to Mom's smile and voice, listens to voices

Mental

Follows an object with eyes and head from side to side
Swipes with closed fist or reaches with two hands for it
Retains object in hand voluntarily, manipulates ring
Simple play with rattle
Begins to show memory, waits for an expected reward like a feeding
Quickly calms to concentrate on a face
Begins to recognize and differentiate family members

Social

Smiles immediately and spontaneously, crying decreases dramatically
Laughs, squeals, whimpers with hunger, smacks lips

Visually recognizes Mom, may start or stop crying according to who holds him
Cries differently when Mom leaves versus other people
Smiles, vocalizes, orients differently to Mom's presence or voice
Tries to attract Mom's attention, turns head to speaking or singing voices, familiar persons sounds, and approaching adult
Social stimuli becomes more important, vocalizes when talked to
Patterns of eating, alerting, and sleeping clearly regulated
Two naps, a couple of hours in the morning and a couple in the afternoon
Sleeps about 10 hours at night, may still need a night-time feeding.

* An important reminder, these milestones are guidelines only. All babies do not develop at the same speed, nor do they spend the same amount of time at each stage of their development. Usually a baby is ahead in some areas, behind in others. The descriptions you found in this handout and will find in future handouts is for a "typical" child. The concept of the "typical" child describes the characteristics one would expect to find at a given age. If, however, you have concerns regarding your child's development, please discuss them with the Doctor.

Please call our office between 7:30 a.m. and 6:00 p.m. with ANY QUESTIONS OR CONCERNS.
That's what OUR part of YOUR team is all about!

Continue to enjoy your baby and his/her rapidly expanding sense of who his family is.