

## OLD TAPPAN PEDIATRICS

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### TWO MONTHS

#### MILESTONES

Regards faces. Turns to sounds and lights.  
Starting to coo and smile responsively  
Lifts head slightly while on stomach

#### NUTRITION

Breastfeeding or formula  
On demand, 2 - 2 1/2 oz/lb/day (usually in the 24-32 oz/day range)  
Stools may be daily, or every few days with nursing babies (this is normal if stools remain soft)

#### VITAMINS

If nursing, give an over the counter vitamin D supplement (ask if you have questions)

#### ANTICIPATORY GUIDANCE

Car seat in the back seat facing backwards to two years of age  
Put baby on back to sleep (keep up the tummy time during the day!)  
Smoke-free environment  
How's your mood, mom? Close to 1 in 8 new moms experience some degree of post-partum depression. It is not only common, but easily treatable. If you feel you may be affected, do not hesitate to discuss it with us or your obstetrician, or call 1(800)328-3838, or go to [www.njspeakup.gov](http://www.njspeakup.gov)  
If it's flu season, make sure you and your baby's caretakers are vaccinated.

#### NEXT VISIT

4 months old