

Baby and You

A newsletter for parents of two month-old babies

Welcome to the Great Start Baby and You newsletter. Great Start will be sending you newsletters periodically throughout your child's development to assist you in areas such as immunizations, development, play activities to share with your child, and resources in the community for your family. To learn more and to register for Great Start, please call 1-877-866-3714.



Baby Shots

Babies are due for many shots at their two month visit including:

- DTaP
- Polio
- Hib
- Hepatitis B (if they've only had one)
- Pneumococcal
- Rotavirus

Making sure your baby receives shots protects him from getting diseases that can cause serious illness. Ask your doctor or health department for more information on these shots.

Call your doctor or the health department (1-800-432-4121 or 547-0295) to make an appointment for your baby's two month shots.

Life with a new baby is hectic. By the 2nd month, your baby may be settling into a schedule. Night time sleeping lengthens and feedings may not be as frequent. Even at this age, your baby enjoys hearing Mom or Dad's voice reading a story. Your two month-old rewards you with smiles and coos. Care for your baby at this age is still difficult as he cannot tell you exactly what he needs.

Your Baby at 2 Months...

Your baby can:

- Smile and coo
- Hold head up while on tummy
- Follow bright objects
- Suck finger, thumb, pacifier without being hungry
- Gain 5-8 ounces per week
- Sleep 14-18 hours per day
- Cry for help



Your baby needs:

- ...smiles and gentle play
- ...time on flat surface on tummy when awake
- ...bright things to look at
- ...to suck to soothe self
- ...to take up to 23-35 ounces of formula per day or breast feed every 3-4 hours
- ...quiet place to sleep
- ...parents to stay calm and try to soothe him by rocking or cuddling

Safety Needs:

- safe placement of car seat in automobile—a rear facing car seat is required until age 1 and recommended until age 2
- safe place for naps and sleeping as baby begins to roll
- soft toys that do not have small parts
- someone for parents to call if care of baby becomes stressful
- clean air to breathe; smokers should quit or smoke outside
- to sleep on his back

Dental Needs:

- to be held during feedings
- someone to wipe breastmilk or formula out of his mouth after feeding using a soft cloth
- parents with tooth decay need treatment.

This newsletter is provided by Great Start, Health Department of Northwest Michigan, and the Charlevoix-Emmet Intermediate School District.

The Road to Reading...

2 months

*Talk * Read *Explore

It's never too early to start making books and language an important part of your child's life. The small steps you take now will put your child on the road to reading success!

You can:

- * **Talk** during bath time, playtime, diaper changing time, anytime! Babies learn to talk when you talk to them.
- * **Sing** during quiet time and rest time. Babies love to hear the rhythm of your voice and it helps to calm them.

Book Corner: Babies like books with simple, large pictures or designs with bright colors. Black, white, and red colors are easy for baby to see at this young age. Cloth books can be propped up in the crib or play area.

Parent to Parent...



Babies all develop at different rates. There are many resources to help you as a parent of a 2 month-old:

Daycare: For help with finding licensed or registered child care facilities, call **Child Care Connections (4C)** at 1-800-968-4228. For assistance with paying for daycare, call the Family Independence Agency at 231-348-1600.

Great Start provides parents with information, resources, and activities to support the healthy growth of young children. This newsletter, playgroups, a home visit from a registered nurse, child development guides, and family events at local schools are some of the opportunities available. You need to register to take advantage of these free services.

The **Great Start Network** offers an event line for families to keep you up to date on the events happening in your school district for families with children 0-5. Call 1-877-866-3714 twenty four hours a day and receive access to the event line.

Need health insurance for your children ages 0-18 years? **Healthy Kids Medicaid** or **MIChild** is available. Call 547-0295 or 1-800-432-4121 for more information.

Playgroups! The Women's Resource Center, a partner in the Great Start Network, is offering playgroups for children aged 0-48 months in Ellsworth, Boyne City, Charlevoix, East Jordan, Alanson and Petoskey. All playgroups are free of charge and are conducted from 9:30-11:00 am. For more information about the playgroup in your area call 1-877-866-3714.

For helpful tips and health information, please visit the following websites:

www.aap.org
www.1800earlyon.org
www.mywebmd.com

For baby information and products:
www.babycentral.com

For smoking cessation help:
www.michigan.gov/tobacco
www.quitnet.com

For dental information and resources:
www.ada.org

For information and resources for children and families:

www.bridges4kids.org
www.marchofdimes.org
www.kidshealth.org

For breast feeding help:

www.llusa.org
www.wichealth.org

Help us go green! Please email us at Great-Start@nwhealth.org so you can start receiving our newsletters by email. Please include your child's full name in the email. This will help us save paper and postage. The email address you provide will not be given to any other agency; it is for our use only.

