

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

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595 CHESTNUT RIDGE ROAD
WOODCLIFF LAKE, NEW JERSEY 07677

OFFICE HOURS
BY APPOINTMENT
TELEPHONE HOUR: 7:30-8:30 A.M. MON. THROUGH SAT.

TELEPHONE:
201-391-2020

2 MONTH OLD

6:00 A.M.	Breast or Bottle
8:00 A.M.	Tri-Vi-Sol 1 dropperful, if breastfeeding
10:00 A.M.	Breast or Bottle
2:00 P.M.	Breast or Bottle
6:00 P.M.	Breast or Bottle
10:00 P.M.	Breast or Bottle
2:00 A.M.	Breast or Bottle

Your baby should still be fed on demand, but may be settling into a predictable feeding pattern. Breast-fed babies will nurse every 2-4 hours. Bottle-fed babies every 3-4 hours. A late-night feeding (between 11 p.m. and midnight) may fill baby up and help him/her to sleep until 4-6 a.m.

Visit our Website

www.chestnutridgepediatrics.com

Vaccine Info. sheets available on website

(Over)

2 MONTH OLD

GROWTH AND DEVELOPMENT

At two months your baby can smile. She/he can also follow a brightly colored object with her/his eyes.

Within the next month, coordination begins to develop in the hands so that he/she may be able to briefly hold and shake a rattle.

He begins to notice his hands and may occasionally get them to his mouth.

When lying on her stomach, baby pulls her head up more steadily and for longer periods of time.

He is still sleeping 12-20 hours a day, but should have several periods of 30-60 minutes when awake and alert.

Your baby begins to be more social, and loves being spoken to or sung to.

Crying times may have diminished a bit, but some babies will still have irritable periods that require soothing until about 3-5 months of age.