

CHESTNUT RIDGE PEDIATRIC ASSOCIATES, P.A.

INFANTS, CHILDREN & ADOLESCENTS

ALAN D. BENSTOCK, M.D., F.A.A.P.
IRWIN H. BERKOWITZ, M.D., F.A.A.P.
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MICHELLE S. MAYER, M.D., F.A.A.P.

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 (No. 4)

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

Baby should still be fed on demand, but may be settling into a predictable feeding pattern. Breast-fed babies will nurse every 2¹/₂-4 hours. Bottle-fed babies every 3-4 hours. A late-night feeding before you retire (between 11 p.m. and midnight) may fill baby up and help him/her to sleep until 4-6 a.m.

2 MONTH OLD

GROWTH AND DEVELOPMENT

At two months the 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.

Baby begins to notice his hands and may occasionally get them to his/her mouth.

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

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

The 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.