

# 2 months old

Child's name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight for Length percentile \_\_\_\_\_ %

## Food for Thought

*Any feeding concerns?*

*How is breastfeeding going?*

*Are you putting anything in your baby's bottle besides breast milk or formula?*

*How do you tell when your baby is hungry; when your baby is full?*

*Does your baby spend time on his or her belly?*

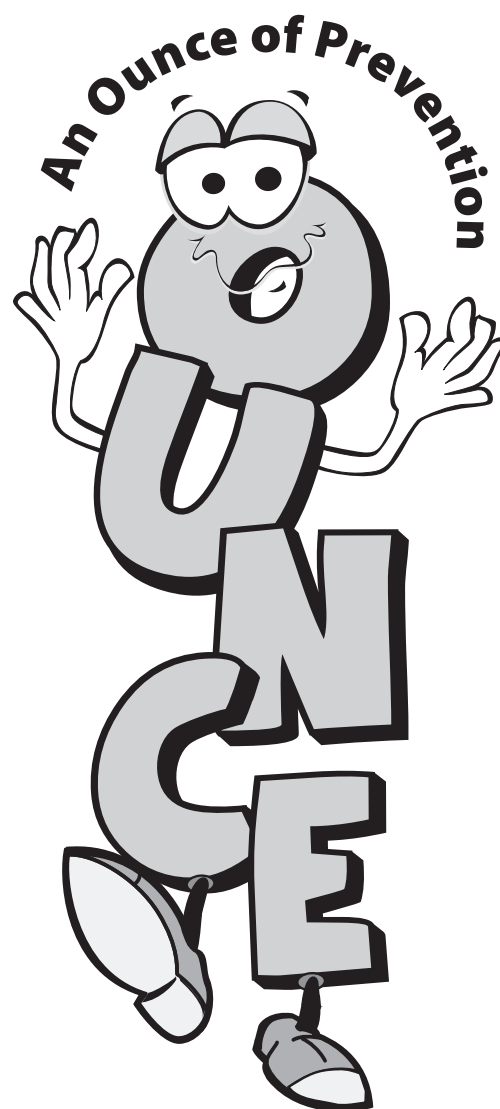
## Be Active

- Use crib mobiles and encourage reaching, kicking, stretching and belly play time.
- Limit time in swings and infant seats.
- Screen time (TV, computer, electronic games) not recommended under age 2.

## Notes:

## Feeding Advice

- **Breastfeeding is highly recommended.**  
The best food for your baby is breastmilk.
- As your baby gets older and bigger, he or she will go longer between feedings and take more at each feeding.
- Expect to breastfeed your baby every 2-3 hours. If you are using formula, most babies take 4 oz. and feed 4-5 times per day. Total formula intake should be 16-24 ounces in 24 hours.
- Not all crying means hunger.
- Continue to use a 4 oz. bottle.
- Wait until at least 4-6 months to start cereal when your baby is developmentally ready.
- **DO NOT** put cereal in the bottle.
- **DO NOT** give your baby honey, juice, sweetened water or soft drinks.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.



**is Worth a Pound**



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