



# BRIGHT FUTURES HANDOUT ► PARENT

## 2 MONTH VISIT

Here are some suggestions from Bright Futures experts that may be of value to your family.

### ✓ HOW YOUR FAMILY IS DOING

- If you are worried about your living or food situation, talk with us. Community agencies and programs such as WIC and SNAP can also provide information and assistance.
- Find ways to spend time with your partner. Keep in touch with family and friends.
- Find safe, loving child care for your baby. You can ask us for help.
- Know that it is normal to feel sad about leaving your baby with a caregiver or putting him into child care.

### ✓ HOW YOU ARE FEELING

- Take care of yourself so you have the energy to care for your baby.
- Talk with me or call for help if you feel sad or very tired for more than a few days.
- Find small but safe ways for your other children to help with the baby, such as bringing you things you need or holding the baby's hand.
- Spend special time with each child reading, talking, and doing things together.

### ✓ FEEDING YOUR BABY

- Feed your baby only breast milk or iron-fortified formula until she is about 6 months old.
- Avoid feeding your baby solid foods, juice, and water until she is about 6 months old.
- Feed your baby when you see signs of hunger. Look for her to
  - Put her hand to her mouth.
  - Suck, root, and fuss.
- Stop feeding when you see signs your baby is full. You can tell when she
  - Turns away
  - Closes her mouth
  - Relaxes her arms and hands
- Burp your baby during natural feeding breaks.

#### If Breastfeeding

- Feed your baby on demand. Expect to breastfeed 8 to 12 times in 24 hours.
- Give your baby vitamin D drops (400 IU a day).
- Continue to take your prenatal vitamin with iron.
- Eat a healthy diet.
- Plan for pumping and storing breast milk. Let us know if you need help.
  - If you pump, be sure to store your milk properly so it stays safe for your baby. If you have questions, ask us.

#### If Formula Feeding

- Feed your baby on demand. Expect her to eat about 6 to 8 times each day, or 26 to 28 oz of formula per day.
- Make sure to prepare, heat, and store the formula safely. If you need help, ask us.
- Hold your baby so you can look at each other when you feed her.
- Always hold the bottle. Never prop it.

### ✓ YOUR GROWING BABY

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Hold, talk to, cuddle, read to, sing to, and play often with your baby. This helps you connect with and relate to your baby.
- Learn what your baby does and does not like.
- Develop a schedule for naps and bedtime. Put him to bed awake but drowsy so he learns to fall asleep on his own.
- Don't have a TV on in the background or use a TV or other digital media to calm your baby.
- Put your baby on his tummy for short periods of playtime. Don't leave him alone during tummy time or allow him to sleep on his tummy.
- Notice what helps calm your baby, such as a pacifier, his fingers, or his thumb. Stroking, talking, rocking, or going for walks may also work.
- *Never hit or shake your baby.*

### Helpful Resources:

Information About Car Safety Seats: [www.safercar.gov/parents](http://www.safercar.gov/parents) | Toll-free Auto Safety Hotline: 888-327-4236

## 2 MONTH VISIT—PARENT



### SAFETY

- Use a rear-facing-only car safety seat in the back seat of all vehicles.
- Never put your baby in the front seat of a vehicle that has a passenger airbag.
- Your baby's safety depends on you. Always wear your lap and shoulder seat belt. Never drive after drinking alcohol or using drugs. Never text or use a cell phone while driving.
- Always put your baby to sleep on her back in her own crib, not your bed.
  - Your baby should sleep in your room until she is at least 6 months old.
  - Make sure your baby's crib or sleep surface meets the most recent safety guidelines.
- If you choose to use a mesh playpen, get one made after February 28, 2013.
- Swaddling should not be used after 2 months of age.
- Prevent scalds or burns. Don't drink hot liquids while holding your baby.
- Prevent tap water burns. Set the water heater so the temperature at the faucet is at or below 120°F /49°C.
- Keep a hand on your baby when dressing or changing her on a changing table, couch, or bed.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

## WHAT TO EXPECT AT YOUR BABY'S 4 MONTH VISIT

### We will talk about

- Caring for your baby, your family, and yourself
- Creating routines and spending time with your baby
- Keeping teeth healthy
- Feeding your baby
- Keeping your baby safe at home and in the car

Consistent with *Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 4th Edition

For more information, go to <https://brightfutures.aap.org>.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



The information contained in this handout should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances. Original handout included as part of the *Bright Futures Tool and Resource Kit*, 2nd Edition.

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## TIPS TO “MAXIMIZE LOVE, MANAGE STRESS”

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### With Your Infant (0-12 months)

- **Hold, kiss, and cuddle.** Provide lots of loving attention and touch. Babies don't get spoiled, so there is no need to hold back on showing love.
- **Respond to them.** Answer your baby in a loving voice when they make a sound or movement.
- **Play together.** Hold your baby close, smile, and make silly sounds or faces. Play games like “peek-a-boo.” Take a break if they seem overwhelmed or try to look away.
- **Comfort them.** Comfort your baby when they get fussy or cry. They might be tired, hungry, or uncomfortable. Try rocking them or singing a lullaby. It will take time to learn what works best.
- **Have a routine.** Have consistent times and ways of doing daily activities like feeding, bathing, reading, and bedtime. Routines help babies and young children feel safe and know what to expect. They also help adults manage stress.

### With Your Toddler (12-36 months)

- **Snuggle up.** Hug and cuddle with your toddler so they feel safe and loved.
- **Encourage them.** Be supportive and encouraging when your child tries new things.
- **Involve them.** Invite your toddler to help with everyday tasks, like handing you clothes for the laundry.
- **Talk about feelings.** Help your child describe how they feel. Let them know that all feelings are OK, and that you are there for them when they are happy or upset.
- **Offer choices.** Offer choices like what to wear or eat, but give a limited number of options. For example, “It's time for a snack. Do you want an apple or grapes?”
- **Set basic limits.** Focus on safety-related rules like not hitting people. Put “No” in front of the thing you don't want your child to do, then distract them with another activity. Use the same rules consistently so your child learns them. Do your best to stay calm.

**Take care of yourself.** When life gets stressful, it's important to take care of yourself so you can be there for your child. Try sharing tasks with friends or family members, taking walks, doing a hobby you enjoy, or practicing deep breathing. Try different strategies and see what works best for you. Be sure to ask for help when you need it, and talk to your doctor if you often feel sad or stressed. All parents and caregivers need help.



## TIPS TO “TALK, SING, AND POINT”

### With Your Infant (0-12 months)

- **Talk a lot.** Talk to your baby from the time they are born during activities like changing, feeding, bathing, and errands. Describe what you are doing.
- **Use a playful voice.** Smile and look into your baby’s eyes. Exaggerate the sounds of words.
- **Follow their interests.** Talk about the things your baby looks at or reaches for. Notice which ways of talking or singing seem to interest them the most.
- **Go back and forth.** When your baby makes a sound, show excitement on your face and in your voice. Respond with words. See how long you can keep the “conversation” going back and forth between the two of you.
- **Sing.** Your baby’s favorite songs might be those that repeat words or have rhyming sounds.
- **Point to objects.** Point to objects and name them—especially the things that seem to interest your baby.

### With Your Toddler (12-36 months)

- **Describe life.** Talk about the everyday things you see and do together. Most things are new and interesting to a toddler!
- **Use your hands.** Point to the objects you talk about. Encourage your child to point to objects that you name.
- **Listen and respond.** Show your toddler that you are interested in what they have to say. Respond to their comments and questions.
- **Expand on what your child says.** For example, if they point to a dog and say, “Doggie,” you can reply, “Yes, that is a doggie. It’s brown and soft.”
- **Ask questions.** Get your toddler to think. Ask questions that start with “Who...?” “What...?” or “Why...?” For example, “Why do you think the boy is sad?” Show interest in their answers.
- **Sing.** Sing songs and recite nursery rhymes from your childhood, from books, or make up new ones. Your toddler may especially enjoy the ones with rhyming sounds or hand motions. Try singing the same song whenever it’s time for a special activity like bath time.

**Use any language.** Speak in whatever language you are most comfortable. All languages help children’s development. It’s great if your child grows up speaking more than one language!

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## TIPS TO “COUNT, GROUP, AND COMPARE”

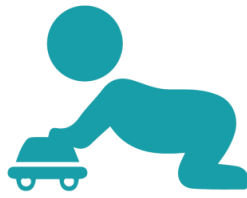
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### With Your Infant (0-12 months)

- **Move to the beat.** Tap your baby’s tummy or clap their hands together to the rhythm of a song. Or rock them as you sing a lullaby.
- **Count.** For example, count and wiggle each of their toes. Or count as you gently bounce them in your lap.
- **Compare objects.** Help your baby explore things that are the same and different. Let them shake containers that make different sounds. Or give them different types of fabrics to touch (like smooth and scratchy). Talk about the differences.
- **Fill up and dump out.** For example, use a container to scoop and dump water in the bathtub. Use words like “in,” “out,” “full,” and “empty.”

### With Your Toddler (12-36 months)

- **Compare sizes and amounts.** Your toddler may be interested which things are “big” or “little.” You can also talk to them about whether they want “more” or “less.”
- **Look for shapes.** Point out shapes and describe them to your child. “Look, that window is a square with four sides.” See if they can find and name shapes around them.
- **Match and sort.** Make a game of matching and sorting objects into groups. Arrange them by color, shape, or size. For example, find as many green things as you can, then sort them from smallest to largest.
- **Measure while cooking.** Find safe ways for your toddler to participate while you are in the kitchen, like counting and helping to measure ingredients.
- **Stack blocks.** Encourage your toddler to stack blocks or other objects like plastic cups. Talk to them about what they’re doing.
- **Count objects then regroup them.** Point to each object as you count and say how many there are. Split the objects into two groups. Then count each group separately. Try it again with different groupings.
- **Clap in a pattern.** Have your toddler repeat the pattern and dance with you.



## TIPS TO “EXPLORE THROUGH MOVEMENT AND PLAY”

### With Your Infant (0-12 months)

- **Do tummy time.** Babies should sleep on their backs, but during the day while they are awake, make sure your baby gets some "tummy time."
- **Move arms and legs.** When you are dressing your baby or changing their diaper, hold and gently move their arms or legs. Talk or sing about what you're doing.
- **Follow their interests.** Notice what your baby looks at or reaches for. If you can, bring the object closer so they can explore it. Describe how it looks and feels.
- **Give objects to handle.** Provide objects of different colors, shapes, and textures. Use safe, everyday objects. You don't need fancy toys to keep your baby's attention!
- **Play peek-a-boo.** Hide your face with your hands and then open them up to show a big smile. You can also hide objects under a towel or blanket.
- **Let them move around.** Let your baby explore their surroundings by reaching, rolling, scooting, and crawling. Just make sure they are safe.

### With Your Toddler (12-36 months)

- **Go on a walk.** Stop when your child shows interest in something and talk about it. If it is something that is safe to touch, let them touch it to find out how it feels.
- **Roll a ball back and forth.** Make a "Wheee!" sound when you roll it toward them.
- **Play obstacle course.** Make a simple obstacle course using blankets, pillows, or boxes. See if your child can go "over," "under," "around," and "through" them.
- **Make art.** Your toddler will enjoy scribbling with a crayon or chalk. They can also experiment with folding or tearing paper.
- **Play guessing games.** For example, put a few objects in a bag and have your child guess what's inside without looking. They can feel, smell, and shake the bag.
- **Act it out.** Toddlers will start to imitate grown-up activities, like putting a doll to sleep or giving it a shot. Follow their lead and play along.
- **Let them problem-solve.** If your toddler is concentrating on something, stand back and see what they can figure out by themselves. If they get stuck, give just enough help so they keep going and don't give up.



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## TIPS TO “READ AND DISCUSS STORIES”

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### With Your Infant (0-12 months)

- **Read regularly and with expression.** Your baby won't understand for a while, but that's fine. They will hear your voice, see the pictures, and develop good feelings about books.
- **Keep it simple.** Board books with hard covers and thick pages are made especially for babies. Choose books that are short and have simple, bright pictures.
- **Snuggle up.** Hold your baby in your lap so they feel cozy and can see the pictures.
- **Involve them.** They might want to hold the book, turn the pages, or pat the pictures. They might even chew on the book. It's all part of learning!
- **Describe the pictures.** It's not important to read all—or any—of the words. Point to the pictures and describe the colors, shapes, and what the characters are doing.
- **Follow their lead.** When they start to lose interest, try another book or stop. Short periods of reading will work best.

### With Your Toddler (12-36 months)

- **Have a routine.** Try to read together every day. Before bed is a great time to read, but choose a time of day that works best for your family.
- **Warm up.** Before you open the book, check out the cover. Read the title. Look at the pictures. Ask your child what they think the story is about.
- **Change your voice.** Try different voices for different characters.
- **Help them follow along.** Point to the words and pictures. Talk about the colors, shapes, and what the characters are doing.
- **Ask questions.** “What do you think will happen next?” or “Why is the girl happy?” Respond to your child's comments and questions. Show your interest in their ideas.
- **Don't be too serious.** Your toddler may want to turn the page before you have finished reading it. If they can't sit still for the whole book, that's ok.
- **Re-read.** Toddlers learn through repetition, so it is normal when they want to read a favorite book over and over. Notice how proud they feel when they master the story. But try for variety too, because new books offer new things to see and learn.

**Acetaminophen (Tylenol, Store Brands) Dosage Table**

Indication: Fever or Pain

		<b>Frequency – Give the dose indicated below every 4 hours as needed. Do not give more than 5 doses in 24 hours.</b>			
		<b>Infants’ Oral Suspension</b>	<b>Children’s Oral Suspension</b>	<b>Children’s Meltaway Chewable Tablets</b>	<b>Jr. Meltaway Chewable Tablets</b>
		<b>Active Ingredient:</b> Acetaminophen 160 mg (in each 5 ml or 1 tsp)	<b>Active Ingredient:</b> Acetaminophen 160 mg (in each 5 ml or 1 tsp)	<b>Active Ingredient:</b> Acetaminophen 80 mg (in each tablet)	<b>Active Ingredient:</b> Acetaminophen 160 mg (in each tablet)
<b>Weight</b>	<b>Age</b>				
6-11 lbs	0-3 mos	1.25 mL 	—	—	—
12-17 lbs	4-11 mos	2.5 mL 	—	—	—
18-23 lbs	12-23 mos	3.75 mL 	—	—	—
24-35 lbs	2-3 yrs	5 mL 	5 mL (1 tsp) 	2 tablets 	—
36-47 lbs	4-5 yrs	—	7.5 mL (1½ tsp) 	3 tablets 	—
48-59 lbs	6-8 yrs	—	10 mL (2 tsp) 	4 tablets 	2 tablets 
60-71 lbs	9-10 yrs	—	12.5 mL (2½ tsp) 	5 tablets 	2½ tablets 
72-95 lbs	11 yrs	—	15 mL (3 tsp) 	6 tablets 	3 tablets 

ml = milliliter  
 tsp = teaspoonful