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www.eastlouisvillepediatrics.com

2 – 4 Months

By this time, you have come a long way in your life with your new baby! Your communication and understanding of your baby's needs and likes/dislikes is well underway. Often babies do settle in so that their behavior is more predictable. You may even notice a much welcomed lengthening of nighttime sleep.

Notice the increasing awareness your baby has of you and the surrounding world. Visual skills are improving daily. Your baby not only stares at objects but now begins to enjoy following moving objects. At first, a baby's eyes move horizontally, then up and down. You will soon notice preferences for bright colors and two dimensional objects.

These abilities develop quite naturally. You can keep the world interesting to your baby simply by showing new things as your baby is ready and by changing your baby's position frequently. Mirrors, crib gyms, and music boxes are fascinating at this age. A variety of positions and activities help your baby learn. Positions for your baby include tummy or back, propping with rolled blankets in a baby swing, or being held in your loving arms.

Feeding

Most babies feed every 2-4 hours from breast or bottle and sleep at least one long period at night. Some babies begin baby foods around 4 months of age while others wait until 6 months (See Infant Nutrition Handout). Even though solid food may be started, breast milk or formula is still the most important part of your baby's diet.

Remember, each baby is different. We will work with you on a feeding schedule that seems both satisfying and healthy for you and your baby. For mothers returning to work we are happy to discuss adjustments in breast feeding as needed.



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Safety

As your baby gets older their strength and ability to move gets better. NEVER leave your baby unattended on ANY high surface including couch, bed, changing table, dining table, or kitchen counter. Serious falls could result.

Microwave ovens are not recommended to warm bottles. Bottle warmers or a container of warm water is best. This also applies to baby food.

Continue to enforce NO SMOKING around your baby.

Light weight mobiles may need to be replaced with heavier crib gyms. Any hanging toy should be well secured and have no loose or easily removable small parts/pieces. They should NEVER be low enough to entangle your baby. Be especially careful to make sure your baby cannot entangle his/her neck once the crawling and reaching stages begin.

Remember, back to sleep!

Your baby may be placed on their tummy during the day while supervised. In fact, tummy time while awake helps your baby to develop head control and upper body balance.

An approved car seat is ALWAYS necessary. The safest place for your baby to ride is rear facing in the middle of the backseat. Car seats should NEVER be placed in a seat where there is a passenger side airbag. Use the car seat exactly as recommended by the manufacturer. Don't forget to properly buckle yourself, too!

A Few Words on Being a Parent

We hope by this time you are beginning to feel your baby is becoming a real part of your family. However, we also hope your life as a parent or a couple is going well. If you haven't already, we encourage you and your spouse/partner to go out for some private time. A baby is a wonderful addition to any family but private time for you as an individual and as a couple is especially important with the inevitable changes a baby brings.



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NEXT CHECKUP: 4 MONTHS OF AGE