Tips for Keeping Your Baby Healthy and Safe

Getting to Know Your Baby
Have simple routines each day for bathing, feeding, sleeping and playing. Hold, talk, read, sing, and play often with your baby.

Learning what things your baby does and does not like.
Put your baby on his or her tummy when awake and you are there to watch. Notice what helps to calm your baby. Try giving your baby a pacifier, fingers or thumb. Try stroking, talking, rocking, or going for walks.

Your Baby and Family
Give your other children small, safe ways to help with the baby. They can do things like bringing you things you need or holding the baby's hand.

Spend special time with each child reading, talking, or doing things together.

Keeping Your Baby Safe
Keep your car and home smoke free.
Keep plastic bags, balloons, and other small objects away from your baby.
Your baby can roll over, so keep a hand on your baby during dressing or changing.

Car Safety
The car safety seat should be in the middle of the back seat facing backwards in all vehicles.
Never put your baby in the front seat of a vehicle with a passenger air bag.
Always wear your seat belt.

Taking Care of Yourself
Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup after your baby is born.

Find time to spend alone with your partner. Keep in touch with family and friends.

HEALTHY and SAFE at 2 Months

MaineHealth
Feeding Your Baby
- Feed your baby only breast milk or iron-fortified formula in the first 6 months.
- Do not feed your baby solid foods, juice, or water until about 6 months.
- Feed your baby when they are hungry.
  Your baby may:
  • Put hand to mouth
  • Suck
  • Fuss
- End feeding when your baby is full.
  Your baby may:
  • Turn away
  • Close mouth
  • Relax hands
- Burp your baby during natural feeding breaks.

Formula Feeding
- Feed your baby 6–8 times each day.
- Make sure to prepare, heat, and store the formula safely. If you need help, ask your child’s doctor or nurse.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

Breastfeeding
- Breastfeed 8–12 times per day.
- Plan to pump and store your breast milk.
- Let your child’s doctor or nurse know if you need help.

Bath Safety
- Set the hot water heater lower than 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

Sleep and Your Baby
- Put your baby to sleep on their back.
- Your baby should sleep in a crib in your room, not in your bed.
  • Use a crib with slats less than 2 3/8 inches apart.
  • Don’t use a crib with drop sides.
- Pat, rock, undress or change the diaper to wake your baby to feed.

Finding Child Care
- Start planning for when you may go back to work or school.
- Ask your child’s doctor or nurse for help to find things your family needs, including child care.
- Know that it is normal to feel sad about leaving your baby or upset about your baby going to child care.
- Find clean, safe, and loving child care for your baby. For help finding child care in your community:
  • Call your county’s Child Care Resource Development Center at 1-888-917-1100

What to Expect at your Baby’s 4 Month Visit:
Your child’s doctor will talk about -
- Your baby and family
- Feeding your baby
- Sleep and crib safety
- Calming your baby
- Playtime with baby
- Caring for your baby and yourself
- Keeping your home safe for your baby
- Healthy teeth