



2 months old

Physician Counseling Notes

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?

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.

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

