



# Bright Futures Parent Handout

## 2 Month Visit

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

### How You Are Feeling

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Find ways to spend time alone with your partner.
- Keep in touch with family and friends.
- Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby's hand.
- Spend special time with each child reading, talking, or doing things together.

PARENTAL WELL-BEING

### Your Growing Baby

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on her back.
  - In a crib, in your room, not in your bed.
  - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2<sup>3</sup>/<sub>8</sub> inches apart. Find more information on the Consumer Product Safety Commission Web site at [www.cpsc.gov](http://www.cpsc.gov).
  - If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
  - Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
  - Give your baby a pacifier if she wants it.
- Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust between you and your baby.
- Tummy time—put your baby on her tummy when awake and you are there to watch.
- Learn what things your baby does and does not like.

INFANT BEHAVIOR

BEHAVIOR

- Notice what helps to calm your baby such as a pacifier, fingers or thumb, or stroking, talking, rocking, or going for walks.

### Safety

- Use a rear-facing car safety seat in the back seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep your car and home smoke-free.
- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby.
- Your baby can roll over, so keep a hand on your baby when dressing or changing him.
- Set the water heater so the temperature at the faucet is at or below 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

SAFETY

### Your Baby and Family

- Start planning for when you may go back to work or school.
- Find clean, safe, and loving child care for your baby.
- Ask us for help to find things your family needs, including child care.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

INFANT-FAMILY SYNCHRONY

### Feeding Your Baby

- Feed only breast milk or iron-fortified formula in the first 4–6 months.
- Avoid feeding your baby solid foods, juice, and water until about 6 months.
- Feed your baby when your baby is hungry.

NUTRITIONAL ADEQUACY

- Feed your baby when you see signs of hunger.
  - Putting hand to mouth
  - Sucking, rooting, and fussing
- End feeding when you see signs your baby is full.
  - Turning away
  - Closing the mouth
  - Relaxed arms and hands
- Burp your baby during natural feeding breaks.

### If Breastfeeding

- Feed your baby 8 or more times each day.
- Plan for pumping and storing breast milk. Let us know if you need help.

### If 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 us.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

NUTRITIONAL ADEQUACY

## What to Expect at Your Baby's 4 Month Visit

### We will talk about

- Your baby and family
- Feeding your baby
- Sleep and crib safety
- Calming your baby
- Playtime with your baby
- Caring for your baby and yourself
- Keeping your home safe for your baby
- Healthy teeth

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; [seatcheck.org](http://seatcheck.org)



## American Academy of Pediatrics



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# Solving Naptime Problems

By Elizabeth Pantley, author of Gentle Baby Care and The No-Cry Sleep Solution available at [www.pantley.com/elizabeth](http://www.pantley.com/elizabeth)

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Napping is an important element of your child's healthy mental and physical growth. A daily nap refreshes a child so that she can maintain her energy, focus, and ability to learn for the rest of the day. Some studies even show that children who nap every day are more flexible and adaptable, have longer attention spans and are less fussy than those who don't nap.

## How can you tell if your child needs a nap?

Here are some of the signs that your child needs a daily nap:

- Wakes up in a good mood, but gets whiny and cranky as the day progresses
- Has more patience early in the day, but is easily aggravated later on
- Cries more easily in the afternoon and evening than earlier in the day
- Has an afternoon or early evening slump, but gets a second wind afterwards
- Yawns, rubs eyes, or fusses while getting ready for bed
- Often falls asleep in the car or when watching a movie

## How much naptime does your child need?

Children differ in their sleep needs, some needing more or less than shown here but what follows is a general guide that applies to most of them. Even if your child's sleep hours add up to the right amount, his or her behavior tells you more than any chart possibly could. When in doubt – always try for a nap, since even a period of quiet time can help a child feel more refreshed.

Please refer to the diagram below

## Average hours of daytime and nighttime sleep

\*Newborns sleep 16-18 hours daily, spread over 6-7 sleep periods. \*\* These averages don't signify unbroken stretches of sleep.

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Age	Number of naps	Total length of naptime hours	Nighttime sleep hours**	Total of nighttime and naptime sleep
Newborn*				
3 months	3	5 - 6	10 - 11	15
6 months	2	3 - 4	10 - 11	14 - 15
9 months	2	2 ½ - 4	11 - 12	14
12 months	1-2	2 - 3	11 ½ - 12	13 ½ - 14
18 months	1-2	2 - 3	11 ¼ - 12	13 - 14
2 years	1	1-2 ½	11-12	13 - 13 ½
2 ½ years	1	1 ½ - 2	11-11 ½	13 - 13 ½
3 years	1	1-1 ½	11-11 ½	12 - 13
4 years	0-1	0 - 1	11-11 ½	11 - 12 ½
5-6 years	0-1	0 - 1	11	11 - 12

## When should your child nap?

The timing of your child's naps is important since a nap that occurs too late in the day will prevent your child from being tired at bedtime. Generally, the best nap times are:

- If your child takes two naps: midmorning (around 9:00 to 11:00) and early afternoon (around 12:00 to 2:30)
- If your child takes one nap: early afternoon (around 12:00 to 2:30); after lunch

If your child tends towards short naps, don't give in and assume that it's all the nap time that she needs. Try some of these tips for increasing the length of naps:

- Give your child lunch or a snack a half hour before nap.
- Keep the sleeping room dark.
- Play soothing music or white noise during the entire nap.
- Make certain that discomfort from teething, allergies, asthma, ear infection or other health issues aren't preventing your child from taking a good nap. If you suspect any of these, schedule a visit to your health care professional.

## Watch for signs of tiredness

Tired children fall asleep easily. If he isn't tired he'll resist sleep, but if you miss his signals, he can become overtired and be unable to fall asleep when you finally do put him to bed. Your child may demonstrate one or more of these signs that tell you he is tired and ready to nap - now:

- losing interest in playtime
- rubbing his eyes
- looking glazed or unfocused
- becoming whiny, cranky or fussy
- losing patience with toys, activities or playmates
- having tantrums
- yawning
- lying down or slumping in his seat
- caressing a lovey or blanket
- asking for a pacifier, bottle or to nurse

## The nap routine

Once you have created a nap schedule that works with your child's daily periods of tiredness, follow a simple but specific nap routine. Your child will be most comfortable if there is a pattern to his day. He may come to predict when his naptime approaches and willingly cooperate with you.

## Nap routines change

Children's sleep needs change over time, so remember that the routine that you set up today won't be the same one you're using a year from now. Be adaptable!

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