

Health is a Journey!!

What to expect at 2 months!!! - tips from Gene



The Journey..... Is made of **Short Term Goals** that you choose or at least control somewhat. These will lead to **Long Term Goals**, when your child grows up like being **Independent**, to **Belong**, to develop **Skills**, and be **Giving** ! And it happens, almost before you know it, so watch those Short Term Goals, One Day at a Time!

Hello, Mom and Dad! **Gene** and **Months Old!!!** Remember the **TSK** (That Special Kid of yours) here! We'll share with you the **Secrets of Being 2 Months Old!!!** Remember the **Long term Goals** and the **Short Term Goals**? Well, this is a test! Let's see if you pass!

1st Long Term Goal: Giving Gifts!! The act of **Giving** makes people healthy by helping to decrease blood pressure and stress reactions that can make us sick! **Giving** makes us feel good about ourselves!



Short Term Goals you **Give** to TSK!

A Good **Environment** with No Smoking!

A Routine for **Eating Regularly!** **Start the Water NOW!!**



Sleep should be on the back and always in the crib!!

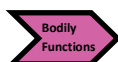


2nd Long Term Goal: Belonging builds bridges to others which makes us healthy. Families are the First Great experience!

Short Term Goals you do for TSK to **Belong!**



Take care of TSK's **Bodily Needs**, like changing diapers, and prompt feeding and rocking and cuddling, TSK feels loved and like he **BELONGS** to the family! This helps everyone's stress level!

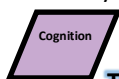


3rd Long Term Goal: Skills— the Healthiest People are those who learn and continue to grow and learn. Learning is always an "uphill" challenge, but you will help TSK!!

Short Term Goals of the **Skills** you will help TSK achieve!



TSK's **Brain** is active from Day 1, by watching and listening to Mom and Dad.... And trying to copy them! Watch for signs of eye contact, **Cognition** and Talk A LOT to TSK!



4th Long Term Goal: Independence— the

Healthiest people learn to be self-sufficient.

Short Term Goals:

Stress management Skills:



TSK may need to suck a finger or pacifier to learn to self-soothe!



This is the first Stress Management step! Watch for TSK to calm, and learn the signals!

Social-Emotional Skills are SO important for TSK to become independent. Smile and laugh: TSK will smile and laugh back! What fun for all!!!!



Thanks, Mom and Dad, Love TSK.... And Gene

When to Call or Ask for Help!

- 1) Temperature over 101F
- 2) Isn't eating well
- 3) Isn't urinating 4 times a day
- 4) Isn't moving all extremities
- 5) Isn't making eye contact, or turning to sound
- 6) Is grunting to be able to urinate
- 7) Excessive crying— could be colic, or something else! Ask!!!
- 8) Anyone in the family is depressed, or has emotional outbursts, as this affects the Baby's development
- 9) Anyone in the family uses substances that can cause harm (like smoking, or getting drunk or being under the influence of drugs like meth)
- 10) Getting appropriate vitamins?
- 11) Turns the neck both directions, equally?
- 12) Legs the same length?
- 13) If not getting immunizations today, do you have a plan to get them or protect your baby from disease?
- 14) Any time you are worried

One Day at a Time!!

Healthy Child Calendar							
1	2	3	4	5	6	7	
8	A Way to Stay "Up-to-Date" on TSK's Needs: Plan Ahead!						14
And it all happens each Day as you make choices! Here are a list of things to possibly add to your Healthy Child Calendar, to be sure they get done:							
15	16	17	18	19	20	21	
Talk and laugh A LOT with TSK! Make eye contact! Smile!!!							
Family members getting into healthy routines for daily activity?							
22	23	24	25	26	27	28	
Offer WATER daily, up to at least 1 ounce!							
Tummy Time should be a daily event, up to 10 times a day!							

Health is a Journey!! One Day at a Time!!



Gene, Dr. Greta's Advisor

THANK YOU for sharing your journey with Dr. Greta and her advisor, Gene. Together, you will explore the wonders of your child's growth and development. We will explore how to use Short Term Goals to reach your Long Term goals... and how to enjoy the Journey... One Day at a Time! Under the tutelage of Gene, this material is developed by

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2 MONTHS OLD!!! WOW!! Is your Baby Busy Growing! Enjoy!!

MORE INFO IN DEPTH.....

Motor Development—Head strength is increasing but you still have to steady the head as you raise the body. Some two monthers roll over, but most don't. The hands will be closed most of the time, but can hold a rattle briefly. Putting Baby on the tummy for "Tummy Time" several times a day is good for head and back strengthening, but don't let Baby go to sleep while on the tummy! Put the arms under the chest, to help Baby push up, effectively. Be sure Baby actively turns the head both directions at varying times through the day. If Baby is always laid in the same place, he/she may hold the head to one side most of the time, shortening the neck muscle on that side; then Baby won't be ABLE to turn the head to the other side! This may take surgery to fix; so prevention is key!

Cognitive Development—The Baby brain cells are busy making new connections, and actually moving through out the tissue. This is why Baby may be able to focus on your face for a while, then have to look away and seem to fidget. The brain has to take a few seconds to process everything before he or she can focus on you again. It is possible to give too much stimuli, so when this happens watch Baby quietly, but don't keep trying to interact. Baby will look back around, usually within a few minutes when ready. Then it is time to do more smiling, talking, laughing, singing, and gently caressing Baby!

Social-Emotional—our baby will make good eye contact, and will follow your

face, as you move from side to side. Laughing will be present (and fun)) Cooing will start, and as you respond back by talking and mimicking the baby's sounds, you will be starting to teach language!! Carry on conversations with your baby, by talking as you would to an older person. Ask questions, use expression in your voice; Baby will love this and respond! (It is not a good idea to talk "baby talk" to any child; speaking correctly will teach good speech patterns early. Good language skills help to increase a child's abilities.) Babies this age like brightly colored, large objects, not pastels. You can make interesting designs for them with just paper and colored pens. Simple designs, like circles, squares, happy faces, etc., can be placed close to the crib, out of arm's reach. When Baby is alert and all of a sudden becomes quiet and still, see if you can figure out what has caught his/her attention; maybe a sound, or a bright light or color, ... maybe he/she is busy having a bowel movement! As you watch closely, you may be able to tell a little about the thinking processes and see the responses; you may see an early personality peaking forth!!!

Stress Management—Sucking is still the most important for many babies. Most by this time are learning to quiet themselves for sleeping. It is important to keep the daily routine of eating, sleeping, and playing as consistent possible, especially regarding time (things should happen at the same time each day). This helps Baby to develop consistent body functioning, and

lays the groundwork for feeling secure, which is needed for Baby to go on to other developmental stages.

Body Functioning

Feeding - Most infants feed every three to four hours and at least once in the night. Vitamins are recommended for breast fed infants. Solids are not recommended until four to six months of age. Babies may start spitting up more now, as they are eating faster and moving more. If Baby spits a lot, keep him/her upright for at least thirty minutes and try to burp often. If your baby has pain with the spitting, or you are worried about weight loss, please call.

Eyes—The eyes should be focusing on things most of the time. It is normal for them to wander and cross briefly, but this shouldn't last long at any one time. The eyes should not dart from side to side or dart up and down.

Hearing—If Baby didn't pass the newborn hearing test, and hasn't had the hearing retested, **let me know right away!** Hearing loss in a young infant is very serious and can only be helped if found early.

Respiratory System—Babies often sound congested. This happens because their mucous is just as thick as an adult's, but the "nose holes" are so much smaller, that more noise is made as the mucous passes. Using a few saline drops can loosen and thin the secretions and suctioning with the bulb syringe sometimes helps.