



HEAT STROKE

DEVELOPMENT

2 months

You're two months into parenthood. It's probably safe to say you're feeling a little overwhelmed with a lot of sleep deprivation. But fear not, things will start looking up. During this time your baby's personality will start to come out and develop more.

They will also start to develop their motor skills and gain control of their bodies. They should start to be able to pick their heads up a little better during tummy time.

As far as their sleep schedule goes, it's still not established yet. They're sleeping 15 to 16 hours a day but it's very sporadic. Within the next few weeks, this should start to stabilize. You can help this process along by teaching your baby to put themselves to sleep when they are drowsy by putting them in their crib.

Remember, when putting your baby to sleep always keep them on their back, in a crib, by themselves.

It's that time of year again, the time when cars heat up in the midday sun. It's unfortunately also the time when heat-related deaths of children left in cars start to spike.

Children's bodies heat up 5 times faster than an adult's and cars can heat up 20 degrees in just 10 minutes. This is a deadly combination that can cause children to become drastically overheated in only a short amount of time. Parking in the shade and cracking a window does little to help. Children have died in cars from heatstroke when the outside temperature was as low as 57 degrees.

So how can you prevent this? Set reminders for yourself. Placing your purse, wallet or phone in the backseat is a good way to make sure you turn around and look in the back seat before exiting your car. You can also leave one of your child's toys in the front seat to trigger your memory.

If you're still concerned about forgetting them, have your child care provider call you if your child is more than 10 minutes late. Also set reminders on your phone to go off when you arrive at work and when you arrive home.

