

2 Month Visit

Name_____ Today's Date_____

Weight_____ Length_____ Head Circumference_____

%_____ %_____ %_____

FEEDING:

- Your baby will likely be feeding every 2-4 hours throughout the day and at slightly longer intervals at night. If you are breastfeeding, make sure to continue to eat a well-balanced diet, continue your prenatal vitamins and drink plenty of water.
- If your baby is primarily breast-fed (less than 16oz. of formula daily) ask your doctor for a vitamin D supplement (e.g. Poly-Vi-Sol or Tri-Vi-Sol). If your baby is primarily formula fed, the vitamins are included in the formula and you will not need to give supplements.
- Your baby does not need any extra water until he or she is at least 4 months old. Your baby is getting all the water he or she needs from the breast milk or formula.

ELIMINATION:

- There is a wide variety of normal stooling patterns, ranging from several times a day to every few days. Daily bowel movements are not necessary.
- If your baby is a boy, he should have a straight and forceful urine stream. If your baby is a girl, make sure to clean her by wiping front to back only.

SLEEP:

- Have your baby sleep on his/her back, on a firm surface, without any stuffed animals, pillows or fluffy objects in the crib. Give your baby tummy-time when awake during the day.
- Try to nap when your baby is napping to give yourself adequate rest.

DEVELOPMENTAL MILESTONES:

- Holds head temporarily upright; holds a rattle briefly.
- Tracks and follows objects.
- Communicates with cooing (musical vowel-like sounds). Smiles socially.

BEHAVIOR:

- Crying in the late afternoon and evening is common and the intensity of crying may be peaking at this age. Evening fussiness will likely diminish over this next month.
- Your infant is becoming more sociable. Encourage this interaction by playing, talking to and cuddling him or her.

SAFETY:

- Ensure a safe sleeping environment as stated above.
- Always use a rear-facing car-seat that is installed correctly in the back seat of the car. Most local police stations provide a free service to check for proper installation.
- If you use your infant car-seat as a carrier outside the car, place it on the ground or floor to prevent your infant from falling.
- Never leave your baby unattended on a high surface, since rolling may start at 3-4 months old.
- Set the hot water heater temperature to a maximum of 120 degrees to prevent scald burns.
- Make sure you have a working smoke detector and carbon monoxide detector.
- Never shake your baby; this can cause serious brain injury.
- Keep your baby's environment tobacco-free.
- Keep your baby shaded and out of direct sunlight when outdoors.
- Take care of your own health—eat well, exercise and make sure you have

your Tdap, Flu and all other needed vaccinations. Being healthy yourself helps protect the health of your baby!

FURTHER READING:

- Caring for Your Baby and Young Child. Birth to Age 5 (AAP)
- Your Child's Health (Barton Schmitt)
- The Nursing Mother's Companion (Huggins)
- What to Expect the First Year (Eisenberg, et. al.)

DOSING OF ACETAMINOPHEN (160mg/5mL):

- 6-11 pounds = 1.25ml
- 12-17 pounds = 2.5ml

TODAY'S IMMUNIZATIONS:

- DTaP IPV Hepatitis B
- Prevnar HiB Rota

(Your baby may experience some discomfort, redness or a small lump at the site of the injection. He/she may also develop a fever anytime within a couple days after the shot which can be alleviated with Acetaminophen.)

WHAT'S NEXT?

- Next check-up is at 4 months.
- At that time, your baby will receive a physical exam and one or more of the following vaccinations:
DTaP, IPV, Hepatitis B, Prevnar, HiB, Rota