

2 Month Visit



NUTRITION

Continue feeding your baby breast milk or formula. Breast feed every 2-4 hours during the day as your baby demands, approximately 5-8 times per day. Bottle fed babies should drink about 3-5 oz. every 3-4 hours (20-30oz/24 hours). Juice and water are not needed and cereal should not be added to the bottle. Solids do not need to be added to the diet until 4-6 months of age. Babies at this age are often getting into a somewhat predictable schedule. Your baby may also begin to extend sleep times between feeds during the night. If your baby is drinking primarily breast milk you should continue daily vitamin D supplement: either Poly-vi-sol® or D-vi-sol® one dropperful (400IU) daily. It takes 32 oz. of formula to reach 400IU, so most formula fed babies needs it as well.

GENERAL

Sleeping: Babies should be put to sleep on their backs to minimize the risk of SIDS (Sudden Infant Death Syndrome or “crib death”). Pacifier use has been shown to lower that risk. Encourage your baby to fall asleep from the awake or drowsy state for better long term sleeping habits. We do not recommend co-sleeping with your baby. There should not be anything else in the crib with the baby (i.e. pillows, blankets, toys, bumpers).

Stools: Normal stools can be yellow, green, pasty, loose, seedy or strained. They can vary in frequency and consistency. Babies often strain, grunt, draw their legs up and pass gas when passing stools. As long as the stools are soft, the baby is not constipated. Call us if the stools have blood in them, are hard or consistently white.

Bathing and skin care: You can bathe your baby up to one time a day with unscented Dove® soap or mild baby wash. We recommend hypoallergenic baby laundry detergent such as Dreft® for the baby’s clothes. You may use barrier ointments that have zinc oxide as their active ingredient to treat or prevent diaper rash.

SAFETY

- Do not leave child unattended on elevated surfaces.
- Choose toys with soft edges and too large to swallow.
- Keep carseat rear facing in the back seat.
- Check smoke alarms and keep hot water temp <120 degrees.
- Avoid all smoke exposure.
- **Poison Control Hotline: 1-800-222-1222.**
- **To access the most up to date TIPP Safety Sheets from the AAP, please visit the Patient Education Online search tool on our website under Resources or your Patient Portal.**

IMMUNIZATIONS

Today your child will receive the vaccination(s) circled below. Common side effects to vaccinations are fever, fussiness, or soreness. You may give your baby acetaminophen (160 mg/5ml) ¼ tsp. (1.25ml) every 4-6 hours as needed for fever or fussiness over the next 24-48 hours. Avoid Ibuprofen until the baby is six months old.

Please refer to our website for the most up to date Vaccine Information Sheets from the CDC.

DTaP-Hib-Polio Pneumococcal Hepatitis B Rotavirus (oral)

NAME: _____

DATE: _____

MEASUREMENTS:

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ inches (_____ %)

DEVELOPMENT

At this age you may notice that your baby:

- Smiles and coos at you
- Turns his or her head toward your voice
- Follows objects with his or her eyes
- Raises his or her head when lying on tummy
- Shows better head control
- Grasps rattle briefly

PROMOTING DEVELOPMENT

- Talk, read and sing to your baby.
- Place your baby on his or her tummy during playtime with adult observation
- Create a regular bedtime routine.
- Do not let your baby watch TV.

FOCUS ON FAMILY

- Try to nap or rest when your baby sleeps.
- Older siblings may feel jealous. Spending individual time with the older sibling can help.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

Next visit at 4 months