

TUSCALOOSA PEDIATRICS

657 Helen Keller Blvd. • Tuscaloosa, Alabama 35404 • (205) 333-8222

2 Month Old Checkup with Dr. _____

NAME: _____ DATE: _____ WT: _____ LB: _____ OZ LENGTH: _____ IN HEAD: _____ IN

NUTRITION: We recommend continuing to feed only breast milk or formula until your baby is 4 months of age. Most children this age eat about every 3-4 hours during the day and are beginning to sleep through the night. Generally they will be taking about 24-32 oz per day of formula. Rice cereal should not be added to bottles at this age unless your doctor specifically recommends this for your baby. Water and juices are still not recommended at this age. If you are breastfeeding we recommend giving the over-the-counter vitamin D-Vi-Sol 1 mL daily to provide Vitamin D for healthy bones (formulas have this added already).

DEVELOPMENT: Now your baby can smile responsively, hold his/her head up at a 45 degree angle, move his/her head from side to side, and can follow you and other objects with his/her eyes. They can also recognize mom and dad's voice. Singing and talking aloud to your baby encourages language development. It is important to allow your baby some "tummy time" everyday while they are awake and you are watching them.

Here's what to expect from 2 months to 4 months:

- Movements become smoother.
- Lifts chest briefly when lying on tummy.
- Holds head steady when held or sitting with support.
- Begins to grasp better.
- Discovers hands and fingers.
- Follows objects, moving head from side to side.
- Focuses better, but still no more than 12 inches.
- Smiles and coos, especially when talked to.
- May begin sleeping through the night.

Every child is slightly different in their development. These are general milestones to be used as a guide for what you are to expect. Please discuss any concerns you may have with your doctor.

SAFETY: Your baby will soon be able to roll over. Even before he/she can roll, your baby can wiggle, scoot, and push with their feet. Always protect him/her from falls and never leave him/her unattended on an elevated place. Get in the habit of always keeping one hand on your baby when he/she is on a changing table, couch, bed, or other elevated place.

Never feed your baby his bottle lying flat. Their head should always be somewhat elevated. Never prop the bottle in your baby's mouth or put him/her to bed with a bottle as this practice can lead to choking.

When riding in a car, car seats should always be used. The back seat facing the rear is safest place for your baby. Never allow babies or small children to ride in the front seat or in front of an air bag. Practice safe driving behaviors at all times to protect both yourself and your child.

The American Academy of Pediatrics recommends always placing your baby on their back when sleeping. This is the safest position to decrease the risk of Sudden Infants Death Syndrome and suffocation. We do not recommend letting your baby sleep in your bed as this can greatly increase the risk of SIDS and suffocation. Your baby's crib should be free of stuffed animals, pillows, and fluffy blankets or comforters. The crib should have a firm mattress. We do not recommend bumper pads which can increase the risk of suffocation.

We discourage the use of baby walkers. Many children are injured each year as a result of using them.

Make sure your home is equipped with working smoke detectors and that your family has a fire escape plan.

Hot water heaters should be set no hotter than 120 degrees to protect from burns. Always test the water with your wrist before bathing your baby. Never leave your baby alone in a tub of water.

Do not drink hot liquids while holding your baby.

Keep your home and car smoke-free and ask all friend and relatives not to smoke around your baby. Smoke exposure increases the risk of developing asthma, ear infections, and SIDS.

It is important that parents are trained in infant and child CPR and choking. Please ask if you would like to be directed to training classes.

Keep emergency numbers posted conveniently by the phone. Poison control is 1-800-222-1222.

Toys should be age appropriate, too large to swallow, and free of any sharp or rough edges. Toys that can be easily washed are also recommended.

No honey should be given during the first year of life due to risk of developing botulism, an often fatal illness in infants.

If your baby is less than 6 months old during flu season, we recommend that all family and caretakers receive the flu vaccine to protect your baby from exposure.

TEETHING: The first signs of teething such as drooling and chewing typically start between 2-4 months. However teeth typically don't break through until 6 months old or later.

IMMUNIZATIONS: Most babies receive the following immunizations at this age: DTaP #1 (Diphtheria, tetanus, acellular pertussis), Hib #1 (Hemophilus Influenza Type B), Hep B #2 (Hepatitis B), IPV #1 (Polio Vaccine), Prevnar #1 (Pneumococcal vaccine), Rotateq #1 (Rotavirus – given by mouth)

If you have any questions or concerns about your child's immunizations, please feel free to discuss these with us. We also have further literature we can provide you with and a list of reputable internet sources of information.

Your baby may have an elevated temperature today and tomorrow. The injections sites may also be sore and sometimes slightly red. Call us if your baby has a temperature persistently above 101 F, crying for 3 or more hours, any jerking or shaking movements, any changes in behavior, or any other concerns.

We recommend using infant acetaminophen (Tylenol) if needed for fever or fussiness. Ask your baby's doctor or nurse for the correct dosage. Do not give Motrin (ibuprofen) until 6 months of age.

FEVER: A temperature equal to or greater than 100.4 F rectally is considered a fever. Now that your child is 2 months old, if they are acting relatively well, eating relatively well, and having at least 3 wet diapers a day, it is fine to give Tylenol and have him/her checked at the next available appointment. Do not give Motrin until 6 months of age. Cough and cold medications are not recommended due to dangerous side effects.

Suggested Readings:

- Baby and Child Health: The Essential Guide for Birth to Eleven Years. Academy of Pediatrics; Ed. Jennifer Shu, M.D.
- Caring for your Baby and Young Child (Birth to age 5), Academy of Pediatrics; Steven Shelov et.al
- Your Child's Health; Barton Schmitt, M.D.
- American Academy of Pediatrics website – www.AAP.org
- Baby 411, Denise Fields and Ari Brown, MD (available for sale at our front desk, Amazon.com, and Barnes&Noble.com)
- Healthychildren.org website

NEXT VISIT: Your baby's next checkup will be at 4 months old. At that time we will discuss nutrition, growth, development, safety, perform a physical exam, and provide immunizations.

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