

Great Destinations Pediatrics



AGE: 2 MONTHS

Date _____

GROWTH:

Weight:	lbs	oz	(%)
Height:	inches		(%)
Head Circumference:	inches		(%)

IMMUNIZATIONS:

DTaP	Diphtheria, Tetanus, Acellular Pertussis
Hib	Haemophilus B
IPV	Injectable Polio (Inactive)
PV13	Pneumococcal

Please read the CDC (Center for Disease Control and Prevention) handouts on the above vaccinations provided by your Medical Assistant. We are happy to give you copies upon request. Typical side effects from the immunizations include: fever, fussiness, and redness and swelling at the injection site. If your baby develops a fever and/or is fussy from the immunizations, you may give Tylenol to your baby. For babies less than 13lbs, use 0.4 ml (to first line on infant dropper) every 4 hours as needed. For babies over 13lbs, use 0.8 ml (to second line on infant dropper) every 4 hours as needed.

FEEDINGS:

Babies at this age should only be fed breast milk or formula and should not have solid foods, rice cereal, water, or juice. If your baby is formula-fed, they should be consuming 3 oz every 4 hours. You can increase the amount if your baby seems to want it. Remember, 4-month-old babies should have no more than 4 oz every 4 hours. For breast-fed babies, feedings should be spaced every 3-4 hours. If your baby is throwing up, fussy, congested, or has a lot of gas, this may represent overfeeding. Always hold your baby when feeding. Never prop or lay your baby down with the bottle.

STOOLS:

If your baby is breastfeeding, you may have noticed that their bowel movement pattern has changed from 8-10 stools per day to 1 stool per day or every 5-7 days. This is a completely normal occurrence as long as your baby is feeding well, not vomiting, and happy. The formula fed baby may have a bowel movement less often and stools may be green or yellow.

SLEEP:

Teaching your baby to sleep may be one of the most important things you can do for them. The key is your baby needs to be able to sleep without your assistance. Now is the time to put them in their crib and in their room, **awake**. They will cry. It will be very tough, but if you allow them to, they will learn to comfort themselves, and have more restful sleep. Babies can cry for several hours for the first few nights, but it will not harm them. The second key is to put them down **BEFORE** they are overtired, usually between 6-8 pm. Contrary to popular belief, the earlier they go to sleep, the later babies sleep. For a lot of help with sleep including naps, get the book: *Healthy Sleep Habits, Happy Child* by Marc Weissbluth, M.D.

DEVELOPMENT:

Remember, all babies develop at their own pace. There is a wide variety of what is considered to be normal when discussing development. Never compare your baby to other babies; simply enjoy and encourage what they are doing.

At this age, babies become much more interactive and are usually smiling, cooing, and sometimes laughing. Your baby will soon be able to roll over and is probably holding and lifting his/her head up more. More purposeful hand movement is common now, and your baby is probably grabbing and reaching for objects.

PLAY AND LEARN:

Babies at this age love faces and voices. Talk, sing and even read to your baby. Bright colored toys are preferred such as mobiles, rattles, and flexible teethingers. Music and noisy toys are favorites of this age. It is also a good idea to give your baby tummy time for at least 10 minutes, twice a day.

SAFETY:

1. **Car seat**- Continue to use your infant car seat in the back seat, facing the rear of the car.
2. **SIDS (crib death)** - Continue to place your baby on their back or side when they sleep. Avoid the use of pillows, stuffed animals and large comforters in order to prevent SIDS.
3. **Crib**- As babies continue to roll and move more, lower the crib mattress accordingly.
4. **Swings and Bouncers**- When using swings and bouncers, make sure you strap your baby in.
5. **Burns**- Lower your homes hot water heater to less than 120 degrees. Never hold hot liquids while holding your baby.

WHAT'S NEXT?

Your baby's next appointment is at 4 months of age for a well check up and immunizations.