

## 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 breast-feeding, make sure to continue to eat a well-balanced diet and drink plenty of fluids.
- If your baby is primarily breast-fed (less than 16 oz of formula daily), continue to give a Vitamin D supplement (such as Tri-Vi-Sol,  $\frac{1}{2}$  dropper daily).
- Your baby does not need any solid foods until at least 4-6 months old. Introducing solids earlier may lead to allergies.
- Your baby does not need 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, 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.

### SLEEP:

- Keep your baby sleeping on his or her back.
- Try to nap when your baby is napping to give yourself adequate rest.

### TYPICAL 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: your baby should be placed on a firm surface, on his or her back, with no soft, fluffy objects in the crib.
- Always use a rear-facing car-seat installed correctly in the back seat for travel.
- 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; it can cause serious brain injury.
- Keep your baby's environment tobacco-free.

**FURTHER READING:**

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

**DOSING OF ACETAMINOPHEN INFANT DROPS (80mg/0.8mL):**

6-11 pounds = 0.4mL (1/2 dropper)  
 12-17 pounds = 0.8mL (1 dropper)

**TODAY'S IMMUNIZATIONS:**

- DaPT#1, IPV#1, HiB#1, and Prevnar #1

**WHAT'S NEXT?**

- Next Check-Up is at 4 months.
- Your baby will receive a physical exam and the DaPT, IPV, HiB, and Prevnar vaccines.

**SPECIAL INSTRUCTIONS:**

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