

Date: _____

Height: _____ %

Weight: _____ %

Head: _____ %

Two Month Visit
West End Pediatrics
westendpediatrics.com
804-740-6171

Nutrition

Continue to feed your baby either breast milk or formula. If you are bottle feeding, hold your baby in semi-sitting position to feed him/her. Your infant does not need any cereal, juices, or other food. It is not necessary for you to feed your baby water but you may give small amounts. If your baby is breast feeding, the AAP recommends that you start a supplemental vitamin with vitamins A, D, and C such as TriViSol. This can be bought without a prescription. Formula is already fortified with these vitamins. Do not feed your baby any honey during the first year due to a risk of infant botulism.

Safety

- Continue to use a rear-facing car seat installed in the back seat. Never place your baby's car seat in the front seat of a vehicle with a passenger air bag. If your car has rear airbags or curtain, check with the vehicle manufacturer whether the airbags should be deactivated. If you have questions, call the Auto Safety Hotline at 1-888-327-4236. Once your infant is 26-28 inches long, she/he should ride in a larger convertible seat that can face backwards. Check the guidelines for your baby's seat. A resource about car safety is available from the Center for Injury and Violence Prevention at 1-800-732-8333, www.VAHEALTH.org/cvip or at the aap.org.
- Continue to keep your baby's environment (car and home) free of smoke.
- If you use a mesh playpen or portable crib, the weave should have small openings less than ¼ inches. Never leave your baby in a mesh playpen or crib with the drop-side down.
- Never leave your baby alone or with a young sibling or pet.
- Do not leave your baby alone in a tub of water or on high places such as changing tables, beds, sofas, or chairs. Your baby may begin to roll over in the next two months.
- Keep your baby out of direct sunlight.
- Keep toys with small parts or other small or sharp objects out of reach.
- Do not smoke or drink hot liquids while holding your baby

Sleeping

Continue to put your baby to sleep on his/her back. Continue to alternate the direction your baby faces in the crib. This will help prevent her head from becoming flattened on one side. Remind relatives and child care providers about the importance of back sleeping. Co-sleeping is not recommended by the American Academy of Pediatrics. Do not use any soft bedding (blankets, comforters, quilts, and pillows), soft toys or toys with loops or string cords.

Sleeping habits are usually learned behaviors but are affected by the temperament and ability of your baby to self soothe. Start to establish a bedtime routine. Cuddle and spend quiet time with your baby at bedtime but do not rock your baby completely to sleep. Start putting your infant in the crib or bassinet while he is still awake. Babies will usually continue to wake up to feed at night until 3 months depending on how well they feed and how big they are.

General

Oral Health

To avoid developing a habit that will harm your baby's teeth; do not put her to bed with a bottle. Do not prop the bottle in his/her mouth. Bacteria that cause early childhood caries or cavities can be passed on to your baby through your saliva. Do not put the baby's pacifier or eating utensils in your mouth.

Immunizations

At the two month visit, your infant will receive vaccinations against polio (IPOL), diphtheria, tetanus, and pertussis (whooping cough)- DTaP, streptococcal pneumonia (Prevnar), hemophilus influenza type B (HIB), and Rotavirus (Rotateq). If your baby becomes irritable or develops a fever, it is helpful to administer Tylenol or acetaminophen. Please see dosing chart below. Your baby may be fussy and may develop a fever up to 104. Please call the office if your baby remains irritable or if the fever persists for more than 24 hours, if the fever is over 103 degrees rectally, if your baby cries inconsolably for more than 3 hours, if your baby becomes pale, lethargic and poorly responsive, or if your baby develops vomiting or diarrhea.

Well Visits or Checkups Your baby's next check up should be at 4 months of age.