

## Weston Pediatric Physicians

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### Your Two Month Old

Length \_\_\_\_\_  Pediarix (Dtap, IPV, HepB)  
Weight \_\_\_\_\_  Prevnar  
HC \_\_\_\_\_  HIB  
Tylenol dose \_\_\_\_  Rotateq

#### NORMAL DEVELOPMENT

Your baby:

Probably does not sleep through the night.

Can lift his head when on his stomach.

Studies his own hand movements.

Moves his arms and legs vigorously.

May sometimes appear cross-eyed.

Begins to follow a slow-moving object with his eyes.

Is beginning to coo and smile easily and spontaneously.

Sucks at the sight of the bottle or breast; can soothe self with sucking.

#### DIET

Babies often spit up after eating; burp frequently.

Breast milk or formula is all that is needed for complete nutrition. Do NOT add solids, cereals, juice, or honey.

Feeding Solids before 4 months of age will not help your baby sleep through the night and may put your baby at risk for food allergies when she is older

Breast fed babies who receive less than 32 oz. per day of formula need vitamin D supplementation.

1 dropperful of TRI-VI-SOL or D-VI-SOL a day (available without prescription) meets these needs.

Babies usually drink between 24-36 ounces of formula or breast milk in 24 hours.

#### ELIMINATION

Bowel movements become less frequent and more solid.

If your baby is eating well, growing well and his stools remain softer than putty, his bowel movements are normal.

Stool color may be yellow, green or brown.

#### HYGIENE

Use mild soap (Dove, Neutrogena), if any, for your infant's body. Bathing everyday with soap is not necessary. Avoid using soap on the face as this may be too drying.

Gently scrub hair/scalp with baby shampoo 2 times/week.

Keep your baby's fingernails short and smooth to prevent scratches. It may be easier to cut nails with blunt tipped scissors after a bath and while your baby is sleeping. Cut nails straight across.

Clean only the outer ear with a cotton swab (Q-tip); NEVER put a swab into the ear canal because you push wax in and can damage your baby's eardrum.

## SAFETY

- ⊙ ALWAYS restrain your baby in an appropriate car seat. All babies must ride in a rear-facing car seat until they are at least 2 years of age or until they meet the highest weight or height allowed by your car seat manufacturer. Keep ALL children in the back seat to avoid airbag injuries.
- ⊙ Never leave your baby on a surface he could roll off (tables, sofas, beds).
- ⊙ STAY with your baby EVERY second while he's in the tub. If interrupted while bathing or changing a diaper, place your baby in a crib or on the floor to keep him safe. A baby can drown in a few inches of water.
- ⊙ NEVER prop a bottle as it may cause your baby to choke. Additionally, it can increase the risk of ear infections.
- ⊙ Keep your baby away from tobacco smoke. Smoke particles can stick to clothing and upholstery in the house and car. Smoke has been linked to asthma, ear infections and possibly SIDS.
- ⊙ Avoid holding your baby while you are cooking or drinking hot beverages as babies can move and be burned.
- ⊙ Install smoke detectors on every floor and check batteries monthly. Replace batteries every 6 months.
- ⊙ Dress your infant the way you dress yourself. In colder weather, make sure he wears a hat because most of his body heat is lost through his head.
- ⊙ Most babies should sleep on their backs. Be sure all daycare providers know this, including grandparents. Avoid floppy toys, pillows, soft bedding and plastic where your baby is sleeping (including "pack and plays") because he could suffocate.
- ⊙ Set the water heater no higher than 120 degrees to avoid scald burns.

## STIMULATION/PLAY

When your baby is awake, position him so he can watch what you are doing. Don't forget "tummy time".

Talk to, sing to and cuddle your baby.

Infants enjoy looking at mirrors, pictures of faces, and bright colors.

Babies love to suck thumbs, fingers or pacifiers.

Appropriate toys include rattles with handles, soft squeaky toys, small plastic blocks, and bright bath toys.

## COMMON PROBLEMS

Call our office at any time if your baby:

- ♥ has a rectal temperature greater than 100.4.
- ♥ refuses to feed for more than one feeding.
- ♥ is unusually irritable or sleepy.

## SUGGESTED READINGS

Caring for Your Infant and Young Child: Birth to 5 Years

edited by Steven Shelov, MD.

The Nursing Mother's Companion by Kathleen Huggins

What to Expect the 1<sup>st</sup> Year by Heidi Murkoff, Sandee

Hathaway, Arlene Eisenberg

Healthy Sleep Habits, Happy Child by Marc Weissbluth

## SUPPLIES TO HAVE AT HOME

Digital rectal thermometer (not a mercury thermometer or an ear thermometer).

Saline nose drops and a short, fat nasal bulb aspirator (not the one from the hospital).

Breast pump for breastfeeding moms.

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## NOTES:

Poison Control Hot Line: 1-800-222-1222

- ⊙ Your next scheduled appointment will be at 4 months.
- ⊙ Immunizations for the next scheduled visit:  
Pentacel (Dtap, Hib, IPV), Prevnar, Rotateq

## LOOKING AHEAD

Before your next visit your baby may:

- ⊙ Start sleeping 7 hours at night.
- ⊙ Become more and more social.
- ⊙ Watch you across the room.