

2 Month Well Child Visit

Weight _____(%)

Length _____(%)

Head Circumference _____(%)

What to Expect:

Immunizations: DTaP, Hib, Pneumococcal (Prevnar), IPV, and Rotavirus vaccines will be given.

Four are administered by injection in the thighs, while the Rotavirus vaccine is a liquid given by mouth. It is ok to give Infant Acetaminophen (Tylenol) if needed for pain or fever. We will review dosing and possible side effects of the vaccines with you at the visit, however most infants have little to no side effects. Please call the office with any concerns or a reaction that lasts longer than 24-48 hours.

Screenings/Labs: Mom will be screened with our Edinburgh Post-Partum Depression screening tool – if you are feeling sad or blue, please be sure to call us or your OB for help! TB Risk Assessment

Feeding / Nutrition:

Continue to give your baby only breast milk or iron fortified formula. Solids, juice, or water are not recommended at this age. Your baby will eat about 6-8 times per day, sometimes more if breastfeeding. If giving infant formula or a bottle of pumped milk, expect them to take about 3-5 ounces each feeding. Some babies will start to sleep 6-8 hours at night and this is ok if they are feeding well during the day and have at least 6 wet diapers per day. If you are breastfeeding, continue to give a Vitamin D supplement of 400 IU/day to your baby.

Development:

- Your baby should start to smile at you and become more aware of their surroundings.
- Your baby should be cooing in response to others talking to them. Read, talk, & sing to your baby daily.
- You might notice more arm and hand coordination starting and they may bat at objects and bring their hands to their mouth.
- Your baby should be having better head and neck control.
- Continue to give your baby a lot of tummy time while they are awake.

Safety Issues:

- Continue to use a rear-facing infant car seat in the back seat. Remember your local fire department is a good resource to check for proper installation and fit.
- Older siblings and pets are one of the biggest safety concerns at this age. Teach older siblings to be gentle and not pick up the baby without help. Supervise all siblings and pets when they are around your baby.
- Never leave your baby unattended in the bathtub or on a changing table, bed, or furniture, even for a few seconds.

Notes: