

Welcome to Washington Pediatric Associates, PC

www.washingtonpediatric.com

TWO MONTHS

Date of Visit: _____
Weight: _____
Height: _____
HC: _____

NORMAL DEVELOPMENT: Your baby . . .

- Probably does not sleep through the night.
- May sleep 3-4 hours at a time; can stay awake for one hour or longer.
- May spit up after feedings. To avoid this, burp frequently and leave your baby in an upright position for 20-30 minutes after feeding.
- Can lift his/her head for a few seconds when on his/her stomach.
- Is beginning to gurgle and coo.
- Moves legs and arms vigorously.
- Follows a slow moving object with his/her eyes.
- Smiles easily and spontaneously.
- Sucks at the sight of the breast or bottle—can soothe self with sucking.
- Studies own hand movements.

DIET:

- Breast milk or formula is all that is necessary for your baby's complete nourishment.
- Do not use a microwave oven to heat the formula.
- Do not add juices, cereal, or any other solid foods to the formula. Do not use honey.
- **FLUORIDE RECOMMENDATION:** Babies do not require fluoride supplementation during the first six months of life. After six months of age, if they continue to receive breast milk as their major source of milk, babies can receive fluoride through water. With concerns about lead in tap water, you may use either bottled water with fluoride or filtered tap water.
- **IRON RECOMMENDATION:** Usually no iron drops are necessary. Your child gets iron in his/her iron-fortified formula or in breast milk. Breastfeeding moms should continue to take their multivitamins with iron. Baby food, started at 4-6 months, is also a source of iron. Exception: Supplemental iron is necessary if breast milk is the only source of nourishment for the first nine months of life. In this case, iron supplement should be started at 6 months in the form of polyvisol with iron, 1 cc or 1 ml by mouth once a day (available at your pharmacy).

HYGIENE:

- Use a mild soap for your infant's body (i.e. Dove, Neutrogena, or Baby Magic Formula).
- Use only water on your baby's face.

- Clean only the outer ear with a cotton swab; never put a swab in the ear canal.
- Do not use baby powder—it can be inhaled and cause breathing problems.

SAFETY:

- Always restrain your baby in an appropriate infant car safety seat in the backseat.
- Ensure that the baby’s crib is safe. The slats should be no more than 2 3/8” apart, and the mattress should be firm and fit snugly into the crib. Keep the sides of the crib raised. Do not put the baby to sleep on soft surfaces such as a waterbed, couch, or pillow.
- Never leave your baby on a surface from which he/she can roll off. Even at this young age, he/she is active and may begin to roll over or scoot along the crib or floor.
- Never prop a bottle—your baby may choke.
- To avoid burns, do not hold your infant while you are cooking, smoking, or drinking hot beverages.
- Stay with your baby every minute he/she is in the bathtub. If interrupted during bath time (or changing diapers on the changing table) put your baby in the crib, on the floor, or in your arms.
- Install smoke alarms on every floor and change batteries twice a year.
- Never leave the baby alone or with a young sibling.

STIMULATION:

- When your baby is awake, position him/her so that he/she can watch what you are doing. You can prop your baby up in his/her car seat. This will take pressure off the back of the head and prevent too much flattening of the back of the head.
- Babies love to be snuggled and talked to, especially while being cuddled.
- Infants enjoy looking at mirrors, pictures of faces, and bright colors.
- Babies love to suck their thumbs and/or pacifiers.

HEALTH MAINTENANCE:

- **IMMUNIZATIONS:** DTaP, Hib, IPV, PCV (see vaccine information sheets).
- **ACETAMINOPHEN DOSAGE:** Acetaminophen (i.e., Tylenol, Tempra) can be given for fever every 4 hours (See Tylenol Dosing Handout). Tylenol is dosed according to your baby’s weight.

ANTICIPATORY GUIDANCE: (Information credited to Brazelton’s Touchpoints)

- **Cognitive Burst:** Feeding and sleeping routines may be disrupted as the child gains more and more interest in the outside world.
- **Play:** Objects to manipulate become appropriate toys. Things to transfer with hands and bring to the mouth become good playthings. Face-to-face play also becomes more enjoyable.
- **Work:** If mother hasn’t already returned to work, this may be the time when she considers returning to work. Concerns naturally arise about adequate child care and separation from the baby. Anxiety about separating from the baby is very natural. Many mothers and fathers feel they are missing out on spending time with their child when they return to work. Babies in child care tend to save their energy for the end of the day when they return home. This may be manifested in more protests, crying, or fussiness upon returning home.