



## 2 Month Visit

Name \_\_\_\_\_

Today's Date \_\_\_\_\_

Length \_\_\_\_\_ Weight \_\_\_\_\_

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, continue to give a Vitamin D supplement (such as D-Vi-Sol, 1 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.)  
[www.healthychildren.org](http://www.healthychildren.org)

**DOSING OF ACETAMINOPHEN INFANT ORAL SUSPENSION (160 mg/5 mL):**

6-11 pounds = 1.25 mL (40 mg)  
12-17 pounds = 2.5 mL (80 mg)

**TODAY'S IMMUNIZATIONS:**

- Pentacel #1 (DaPT, IPV, HiB), Prevnar #1 and RotaTeq #1

**WHAT'S NEXT?**

- Next check-up is at 4 months.
- Your baby will receive a physical exam and the Pentacel, Prevnar and RotaTeq vaccines.