

# The Pediatric Center

Boulder, CO  
303-442-2913

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## 2 MONTH VISIT



Name: \_\_\_\_\_

Date: \_\_\_\_\_

### TODAY'S MEASUREMENTS

Head Circumference

\_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Height

\_\_\_\_\_ inches ( \_\_\_\_\_ percentile)

Weight

\_\_\_\_\_ pounds \_\_\_\_\_ ounces ( \_\_\_\_\_ percentile)

### IMMUNIZATIONS

DTaP (diphtheria, tetanus and pertussis)

Hib (haemophilus influenzae)

Polio

Hepatitis B

Pneumococcal conjugate

Rotavirus

Possible side effects are rare but may include:

- Fever
- Irritability or fussiness
- Redness or swelling at the site of the shot
- More spitting up or looser stools

If needed you can give acetaminophen (Tylenol). Contact us if your child's symptoms are severe or last longer than 48 hours.

**Next Visit:** Four months of age

### NUTRITION

Babies at this age get all their nutrition from breast milk or formula. Try to breast-feed as much as you can for as long as possible. Here are some facts and tips on feeding your baby.

- Babies typically feed every 2 to 3 hours during the day. Longer stretches of time between feedings may occur at night.
- Night feedings are normal at this age.
- If your baby only drinks breast milk or drinks fewer than 32 ounces of formula every day, he or she should take 400 IU of vitamin D daily. You can get vitamin D over the counter. Ask your doctor for details.
- Do not prop bottles in your baby's mouth.
- Do not give your baby solids or add cereal to his or her bottle.
- Do not give your baby honey.

### FOCUS ON FAMILY

- Postpartum depression can happen any time during the first year. If moms or dads feel sad, anxious or depressed, they should seek help and talk with their doctor. You can find more information online at [www.postpartum.net](http://www.postpartum.net)
- Older brothers and sisters may feel jealous of the new baby. Spending time alone with your older children may help.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

### When To Call Us

Call us if you have questions about your baby or if he or she:

- Has a rectal temperature of 100.4°F degrees or higher
- Cries a lot more than normal or can't be comforted
- Has trouble breathing
- Is limp or sluggish

We can be reached at 303-442-2913. If it is after hours and you need assistance, press 6 to be connected to our answering service.

## **SAFETY**

- Never shake your baby.
- Set your water heater to 120 degrees Fahrenheit to avoid burns.
- Always put your baby to sleep on his or her back in their own sleep space. Babies should sleep on a firm mattress covered with a fitted sheet. Keep pillows, bumpers, blankets and toys away from your baby while he or she sleeps.
- Always place your baby in a car seat that faces backward in the back seat. For more information on car seats or to find a car seat inspection office in your area, go to the National Highway Traffic Safety Administration website at [nhtsa.gov](http://nhtsa.gov)
- Never leave your baby alone in a car or a bath or on high surfaces.
- Do not cook or drink hot liquids while holding your baby.
- Do not let people smoke around your baby.
- Never tie a pacifier or put jewelry around your baby's neck.
- Make sure that your baby's toys do not have sharp edges and can't be broken. The toys should be at least one and a half inches wide— your baby could choke on them if they are smaller than that. Keep balloons and plastic bags away from your baby—they are dangerous and can suffocate your child.
- Make sure that the smoke and carbon monoxide detectors in your home are working.
- If you are worried about violence in your home, please speak with your doctor or contact the National Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or [ndvh.org](http://ndvh.org)

## **DEVELOPMENT**

All babies develop at their own rate. At this age you may notice that your child:

- Smiles and coos at you
- Turns his or her head toward your voice
- Follows an object with his or her eyes
- Raises his or her head when lying on tummy
- Shows better head control
- Grasps a rattle briefly

Unexplained crying spells and colic are still normal at this age. Be patient—they will improve over the next one to two months. Swaddling, rocking and cuddling may soothe your baby. Try giving him or her a pacifier. Remember to ask friends and family for help when you need it.

## **PROMPTING DEVELOPMENT**

- Talk, read and sign to your baby.
- Play music for your baby.
- Hold and cuddle your baby often.
- Place your baby on his or her tummy during playtime.
- Create a regular bedtime routine.