



Pediatric Clinic
PATIENT EDUCATION HANDOUTS

Fort Carson Two Month Well Baby Visit

Development

Between 2 and 4 months baby begins to:

- *smile responsively, then spontaneously
- *laugh and squeal; coo and babble
- *turn to your voice
- *look at and reach for things
- *bring hands together and grasp objects
- *sit with support; head bobs less and less
- *rolls from side to side
- *drools
- *on tummy, holds head as high as 90 degrees; begins to support self with arms

Activities for You and Your Baby

- *go outside for rides and walks
- *place an unbreakable mirror where baby can look at self
- *choose mobiles and toys in black and white or bright primary colors
- *provide soft toys with various textures
- *sing to baby and talk with baby
- *when awake, place baby on tummy for short time periods several times a day and encourage the baby to lift up head by dangling bright toy in front of baby

Safety

- *always use a car seat, rear facing, back seat
- *never warm a bottle in a microwave oven; it may continue to heat after removed
- *never hang a pacifier around baby's neck; try clipping it to instead to clothing with a suspender clip or ribbon.
- *keep infant away from hot foods/objects

Today's Date _____ Age _____

Weight _____ # _____ oz

Height _____ "

Head circumference _____ cm

*infant walkers are not recommended because of possible danger to the child.

*no smoking in home or car or around baby

* ensure that you have a working smoke detector in your home

*place baby on back for sleep

*never leave baby unattended on any surface above the floor or unattended around a pet or young sibling

Feeding

*breast feed or formula feed on demand (average baby takes 24 to 32 ounces in 24 hours)

*breastfeeding mothers should continue prenatal vitamins

*breastfed infants should receive Vit. D supplement.

*Formula fed infants should be fed formula with iron.

***NO solid foods until 4 to 6 months of age**

* always hold infant for feeding; do not prop the bottle

Immunizations Today

*Pediarix #1 (DtaP --Diphtheria, Tetanus, and Acellular Pertussis, IPV--Polio, Hepatitis B)

*HIB #1 (Haemophilus Influenza B)

*Prevnar #1 (Pneumococcal vaccine)

*your child may have a high fever, be a bit irritable, have a rash, swelling/pain at the injection site. You can give your infant Tylenol as directed by your doctor for these symptoms.

Sleep Help

*place infant in crib while still awake

*choose late bedtime (10 or 11) and give feeding at bedtime; try to keep infant awake for two hours before bedtime

Illness

*If you think your baby is sick or has a fever of 100.4 or greater, call to speak with one of our nurses or to make an appointment.

*it is common for an infant to have a fever after immunizations. You may give your infant the appropriate dose of Tylenol for this.

Notes

Your baby's next regular well child visit is at 4 months of age.

Please bring your child's shot records to every well baby appointment or physical.

Appointment Line: 526-2273/524-2273
Pediatric Clinic front desk 526-7653.