

2 MONTHS

HEALTH ISSUES

Breastfeed or use an iron fortified formula.

Do not put bottle in bed with baby or prop the bottle in baby's mouth.

Do not give baby honey.

Do not feed your baby solid foods until 4-6 months.

Know how to use a thermometer to take a rectal temperature. Temperature over 100.4 is an emergency

Do not over-bundle baby - a simple rule is to add one layer (like a blanket) for baby to whatever seems comfortable for you (if a T-shirt is comfortable for you, have baby wear a T-shirt PLUS one layer).

Avoid direct sun exposure. If necessary, use a sunblock - SPF 50.

Use a vitamin supplement recommended by your pediatrician if you are exclusively breastfeeding.

SAFETY ISSUES

Continue safe car seat use. Read instructions for proper installation. General guidelines:

Place seat in the back seat, rear facing.

Ensure that the crib you use is safe and relatively new. Space between slats should be no more than 2 3/8 inches.

Do not place fluffy pillows, blankets, or stuffed animals in crib with baby.

Place baby on his or her BACK for sleeping.

Always keep a hand on your baby when lying on a changing table, bed, or sofa.

Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.

Install or test your smoke detector in or near your baby's room.

Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, and latches on cabinets).

Obtain your local Poison Control Center's phone number and keep it on hand

YOUR BABY SHOULD...

Respond to sounds by startling or blinking.

Look at your face and follows with eyes.

Turn to the sound of your voice.

Be interacting with you, socializing more.

Be lifting his or her head shortly.

Be sleeping up to 3-4 hours at a time between feedings.

Be able to stay awake for one or more hours.

Have bowel movements at least once every 3 days if formula fed, once every week if breast-fed.

YOU SHOULD...

Hold, cuddle, and rock baby.

Talk and sing regularly to baby.

Start reading books to baby - it is never too early!

Get your naps during the day when baby is resting.

Encourage your partner to assist in caring for baby.

Develop a bedtime routine.

Spend time alone with your partner - one of the best things you can do for your baby is to maintain a quality relationship with your partner.

Spend time alone with your baby's sibling(s) to make them know they remain special

IMUNIZATIONS RECEIVED TODAY...

DTaP; IPV; Hib; Hep B; PCV 13; Rotateq

Side effects may include thigh pain and fever for which you can give instructed amount of Acetaminophen (Tylenol®) suspension every 4 hours as needed for fever or pain.

CALL IF...

Fever greater than 102 F; Lethargy, Ill appearing, or any concerns.

NEXT WELL VISIT IN 2 MONTHS (WHEN CHILD IS 4 MONTHS OLD)