



**Southeastern
Pediatric**
ASSOCIATES, P.A.

2 Month Well Visit

**2
Month**

At this visit, your doctor will...

- Check baby's weight, length and head circumference
- Do a physical exam with your baby undressed while you are present
- Discuss baby's development
- Address any concerns/questions you may have
- Immunizations: 2 Month scheduled vaccines (see Immunization Schedule)
(consider giving baby Tylenol just before this well visit - see Medication Dosing Chart)

Feeding

- Baby might be going longer between feedings now, but will still have times when he or she wants to eat more.
- Feed when baby shows signs of hunger, and burp during natural feeding breaks.
- Most breastfed babies this age breastfeed about eight times in a 24-hour period
- Most formula fed babies drink about 26–28 ounces (780–840 ml) a day.
- Do not introduce solid foods, juice or water until about 6 months.
- Make sure to discuss any feeding concerns with baby's doctor
- Babies should have several wet diapers a day and tend to have fewer poopy diapers. Breastfed babies' stools should be soft and may be slightly runny. Formula-fed babies' stools tend to be a little firmer, but should not be hard.

Tips

- Take care of yourself:
 - Go for your postpartum check up.
 - Spend time socially with family and friends.
 - Be sure to let your doctor and/or baby's doctor know if you are feeling anxious or overwhelmed
- Plan for returning to work or school and the daycare needs baby may have

Sleeping

- Your baby will probably begin to stay awake for longer periods and be more alert during the day, sleeping more at night. Waking up at night to be fed is normal.
- Breastfed babies may go 4 to 5 hours between feedings at night
- Formula fed babies may go 5 to 6 hours between feedings at night
- Continue to put baby to sleep on his/her back in a crib that meets current safety standards (www.cpsc.gov) with a firm mattress without any bumpers, blankets, quilts, pillows, or plush toys. Crib should not have a drop-side rail, and slats should be no more than 2 3/8 inches apart.

Routine Baby Care

- Notice what helps to calm your baby: patting, rocking, talking, going for walks, sucking fingers or pacifier, etc.
- Continue routines for feeding, sleeping, and playing daily
- It's normal for infants to have fussy periods, but for some, crying can be excessive, lasting several hours a day. If a baby develops colic, it usually starts in an otherwise well baby around 3 weeks of age, peaks at 6 weeks, and normally resolves at 3 months.
- Wash hands often, and ask others who will be touching baby to do the same
- Keep baby out of the sun (sunscreen is not recommended before 6 months old)

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures



Development

- Hold your baby and be attentive to his or her needs.
- Interact with your baby! Singing, talking, and reading to your baby is the best way to help them learn.
- Give your baby supervised “tummy time” when awake, and be ready to help if he or she gets tired or frustrated in this position
- Limit the amount of time your baby spends in an infant seat, bouncer, or swing

By 2 months*, it's common for many babies to:

- be alert to sounds
- focus and track faces and objects from one side to the other
- recognize parents' faces and voices
- gurgle and coo (say “ooh” and “ah”)
- smile in response to being talked to, played with, or smiled at
- lift their head up while lying on their belly
- grasp a rattle placed within the hand

*All babies develop at different rates, and meet developmental milestones differently. Talk to baby's doctor if you have any concerns.

Medication

- Always follow the advice of your doctor when giving any medication.
- Use our Medication Dosing Chart as a guideline for the appropriate dose of Tylenol (acetaminophen) or Advil/Motrin (ibuprofen) to give baby.

Poison Help: 1-800-222-1222

When to Call

Fever: Rectal temperature above 100.4°
If you suspect that your baby is not acting normal for any reason

Date:

Weight:

Safety

Car Safety

- Always use a car safety seat properly. Place the seat rear-facing in the back seat, and never in the front seat with a passenger airbag.
- Never leave baby alone in the car
- Always wear a seat belt, and do not drive under the influence of alcohol or drugs

**Child Safety Seat Inspection:
1-866-SEATCHECK (732-2432) or
www.seatcheck.org**

General Safety

- Do not smoke/vape or allow others to smoke/vape around baby
- Do not leave baby unattended
- Never leave a baby alone with siblings or pets, in the bath, on a changing table, or any other raised surface
- Keep small objects such as balloons, bags, toys from other children away from baby
- Make sure your home's water temperature is set to below 120° F
- Do not carry or drink hot liquids while holding baby
- Test baby's bath water and formula temperature with your wrist
- If your baby gets burned, place the area in cold water for a few minutes then cover loosely, and call baby's doctor
- Never shake a baby.
- Never put a necklace, pacifier, or toy around the baby's neck.
- Do not use a baby walker as they are more likely to cause accidents

Next Visit: **4 Month Well Visit with Immunizations**

For information on 4 Month Well Visit:

www.southeasternpediatrics.com

Sources: healthychildren.org, kidshealth.org, American Academy of Pediatrics: Bright Futures