

Age: 2 months old

FEEDING

At this age your infant still needs only breast milk or infant formula with iron. Never use formula with low or no iron. Supplemental bottles of water are not needed. Infants are on a more predictable schedule by this time, feeding 5-6 times daily. It is not time to start cereal or baby foods yet. Studies have shown that starting solid foods too early can lead to food allergies, juvenile diabetes, celiac disease and obesity. Please do not prop the bottle or lay your baby flat while feeding since these actions can lead to choking and increased ear infections. Most infants will eat between 28 to 32 ounces each day. Spitting is very common, especially associated with burping. It is not a problem as long as the child is gaining weight. Spitting usually resolves between 6 and 9 months of age.

BOWEL HABITS

Most babies will strain to pass a bowel movement; signs include grunting and turning red in the face. This is normal and is not a sign of constipation (small hard pellet-like stools). Normal stools should be soft in consistency. The frequency of stools is extremely variable with each child.

DEVELOPMENT

Infants enjoy smiling faces and sometimes smile in return. They reach for things with their hands. They can lift and turn the head from side to side. Although babies should not sleep on their tummies, they should play on their tummy to encourage head and neck control. Many infants make cooing sounds in response to gentle, soothing words.

BATHING

Babies enjoy being bathed. Use a gentle cleanser such as Cetaphil or Dove soap. Pay special attention to the diaper area. Girls should be wiped front to back. In uncircumcised boys gently pull the foreskin back to clean the urethra. Never force the foreskin all the way back. It will gradually go back as the baby ages. To avoid scalding always check the water temperature of the bath.

SLEEP

Every baby is different in regards to their sleeping patterns. Some wake every 3-4 hours and others sleep through the night. If a nighttime feeding is required, discourage playfulness and talking during the feeding and put the child back to sleep as soon as possible. Infants should sleep on their back or side to help prevent SIDS. Try to stimulate your baby during daytime hours by talking, singing, reading, and playing music.

SAFETY

Accidents are the number one cause of death in the first year of life. To promote safety for your baby:

1. Always use an approved rear facing car seat no matter how short of a trip.
2. Never take your baby out of the car seat while the car is in motion.
3. Infant car seat should be placed in the back seat only.
4. Be careful of well-meaning intentions of older siblings to "feed the baby" or "hold the baby".
5. Never leave your baby unattended in the bathtub or around standing water of any kind.
6. Never tie a pacifier on a string around your baby's neck. Instead pin it to the shirt.

7. Infants are learning to roll at this age so, never leave your baby alone on a changing table, bed or sofa.
8. Keep plastic bags, safety pins and buttons out of the crib and out of reach of the baby.
9. Always make sure the sides of the crib are up completely, and crib slats are no more than 2 and 3/8 inches apart. If a can of coke will fit between the slats, the crib is not safe for your baby.
10. Set your water heater temperature to 120 degrees F.

IMMUNIZATIONS

Your baby will receive his/her first round of immunizations today. They include: DTaP (diphtheria, tetanus, and pertussis), Hib (Haemophilus influenza, type B), Hepatitis B, Polio, PCV7(pneumococcal vaccine) and Rotateq (rotavirus vaccine). Some of these immunizations are mixed together in the same shot so that your baby will not require 5 separate injections. Rotateq is a vaccine taken by mouth.

TYLENOL (acetaminophen) DOSING

If your child seems to be in pain or has a fever, you may give Tylenol. The dosing is as follows:

<i>Weight</i>	<i>Type</i>	<i>Dose</i>	<i>Interval</i>
10-11 pounds	infant drops	½ dropper (0.4ml)	4-6 hours
12-17 pounds	infant drops	1 dropper (0.8ml)	4-6 hours
	children's liquid	½ tsp. (2.5ml)	4-6 hours
18-23 pounds	infant drops	1 ½ dropper (1.2ml)	4-6 hours
	children's liquid	¾ tsp.	4-6 hours

Do NOT give Motrin or Advil (ibuprofen) to your baby before 6 months of age.

WHEN TO CALL

You should call the doctor if your baby develops irritability or fever lasting >48 hours, diarrhea, vomiting, or any other symptoms you are concerned about.

NEXT VISIT

Your child's next appointment should be at 4 months of age. Please bring your shot record with you to each well child visit.

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