

PHOENIX PEDIATRICS LTD

602-242-5121

Well Child Check (WCC) – Two (2) Month Visit

Date: _____

Name: _____

Age: _____ Weight: _____ Height: _____

Feeding

Your baby still needs only breast milk or infant formula to grow healthy and strong. It is not time to start cereal or baby foods yet. Cereal can be started at 4 to 6 months of age and does not make your baby sleep through the night.

Even if you only give your baby breast milk, it is a good idea to sometimes feed your baby with pumped milk that you put in a bottle. Then your baby will learn another way to drink milk and other people can enjoy feeding him.

Always hold your baby during feeding time so that your baby learns that you are there to meet his needs. Propping the bottle on a blanket or towel can cause ear infections and pneumonia.

Development

Your baby's world is becoming more exciting and he is more active and anxious to watch, listen and participate. He coos, aahs, and gurgles and you may even begin to hear bursts of laughter. Cooing sounds are in response to people speaking gentle, soothing words.

Babies start to lift their heads briefly. They reach for things with their hands. They enjoy smiling faces and sometimes smile in return. Talking to your baby is an important part of his/her development.

As your baby becomes more aware of his environment, he may soon get tired of long periods in his crib. Putting him in the infant seat may help him to see more and your baby will be happy just sitting and watching. DON'T put your baby on a high surface when he is in a seat.

Most children by the age of three months love everybody and are especially outgoing and friendly to all those around. He has not yet learned to differentiate "mother". He will, however, learn to recognize your voice as you approach him. He will soon learn who mother is and that she is a special person in his life.

Sleep

Many babies wake up every 3 to 4 hours, while others sleep through the night. Feeding your baby a lot just before bedtime doesn't have much to do with how long your baby will sleep.

Place your baby in the crib when he's drowsy but still awake. If you immediately run to comfort your baby he will never learn how to calm himself. Fussing or crying for a short time will not cause your baby any harm. For safety's sake you may check on your baby to make sure he is not in danger. Never put your baby in bed with a bottle. Place your baby on his/her **back to sleep**.

Car Seat Safety

- Never leave a child alone in a car.
- Use an approved infant car safety seat and follow the instructions for proper use.
- Parents should always wear seat belts.

Immunizations

Over the next five years, we will be protecting your child against diseases that once crippled and killed children. Your child's shot record is extremely important. Keep it in a safe place. It is a good idea to always have the record with you at each doctor's visit.

At the 2-month visit your baby should have a:

- DPT (diphtheria, pertussis, tetanus) shot
- Hib (Haemophilus influenza type B) shot
- Pneumococcal
- Polio shot
- Hepatitis B shot
- Rotavirus shot

Some of these vaccines are mixed together in the same shot, so your baby may not have to have five (5) separate shots.

After getting his shots, your baby may run a fever and be fussy for a day or so. Your baby may also have some soreness, redness and swelling where the shots were given. For swelling or soreness put a wet, warm washcloth on the area of the shots as often and as long as needed for comfort. If redness increases or fever occurs, call us for an appointment.

Tylenol Dose

Offer your baby _____mg of acetaminophen (Tylenol) every 6 hours if needed for fever or pain.

Call Us If:

- Your child has a rash or any reaction other than fever and mild fussiness
- Fever over 104° F
- Your child has seizures (a very rare complication)

Next Visit

Your baby's next routine visit should be at the age of four (4) months. At this time, your child will get the next set of immunizations. Please bring the shot record each time your baby is due to get shots.