

THE CHILDREN'S CLINIC, P.C.

www.childrens-clinic.com

PETERKORT

Peterkort Centre I
9555 SW Barnes Road, Ste 301
Portland, Oregon 97225
(503) 297-3371 Fax: (503) 297-7975

TUALATIN

Meridian Park Medical Plaza 2
19260 SW 65th Avenue, Suite 340
Tualatin, Oregon 97062
(503) 691-9777 Fax: (503) 692-6736

AGE TWO MONTHS

Name: _____ Date: _____ Wt: _____ lb _____ oz _____ %
Ht: _____ in _____ %
Head _____ cm _____ %

Next physical appointment at 4 months of age

Special instructions:

DEVELOPMENT: Your baby will be smiling easily now. He is beginning to hold his head steady. He will be more interested in things around him, might stop crying when spoken to, and will focus his eyes and follow objects. He will coo and make some "ah" and "ee" sounds. He will give signs that he knows who you are. When your baby is awake, try to give him lots of "tummy time". This helps improve his strength.

FEEDING AND DIET: Spitting up is common in most babies, especially with burping. It is not a problem as long as your baby is gaining weight. Never prop a bottle when feeding her. It can lead to choking and ear infections.

Either breast milk or iron-fortified formula is all your baby needs to grow well. Solid foods, juices or regular milk given too early may lead to food allergies. Your child is probably eating on a more predictable schedule. Breastfed babies are getting enough nutrition if they are gaining weight and wetting their diapers about six times daily. You may feed your baby 1-2 ounces of water per day if you desire, but it is usually not necessary. Most babies this age eat 6-8 times in a 24-hour day and may take 4-6 ounces per feeding. Pay attention to your baby's cues. She will let you know when she is full. Never force your baby to eat.

SLEEP: It is important that babies sleep on their backs to decrease the risk of SIDS (Sudden Infant Death Syndrome). The length of time a baby sleeps varies at this age. During the night, some sleep just 3-4 hours at a time, and some sleep up to 12 hours. During the daytime she may take 2-3 naps, each lasting from 30 minutes to two hours. Encourage your baby to learn to fall asleep by herself. Rather than rocking or feeding until asleep, put her in her bed drowsy or awake.

PLAYTIME: When your baby is awake, keep him in the room with you to enjoy the surroundings. Look at your baby when feeding or talking to him to encourage smiling and cooing. Give your baby some playtime on his tummy to help develop back, arm, chest, and neck muscles and prevent head flattening.

Make special time for just yourself and also your spouse and other children.

IMMUNIZATIONS: During the first year of life your child will receive the primary series of DTaP, Hib, Polio, Pneumococcal and Hepatitis B vaccines. The most current national immunization program vaccine information sheets will be given at each visit for the immunizations your child will be receiving that day. Please read them carefully so you understand the benefits and possible side effects. Common reactions include fever, soreness at the injection site, fussiness and sleepiness. Many children have no reaction at all. You should call our office if your baby is fussy or has fever for more than 48 hours, has fever higher than 105° F, or if your baby screams and cannot be calmed down within 3 hours.

SAFETY:

- Always use a car seat in the approved manner, no matter how loudly your baby is screaming.
- Your baby should be riding in a car seat in the back seat facing toward the rear of the car. Do not put infant car seats in the front seat. This is especially dangerous if the car has an airbag on the passenger side.
- Babies learn to scoot and roll. Never leave your child unattended on high places, such as changing tables, beds, or sofas.
- Set your water heater at 120° F to avoid scalding.
- **NEVER** leave your baby unattended in the bathtub.
- Use a playpen as an island of safety.
- Do not shake or jerk your baby. This could cause brain damage.
- Do not smoke in the house or car as babies are affected by breathing smoke. They tend to have twice as many colds and are twice as likely to develop asthma.
- Do not hold your infant when you are drinking hot liquid or smoking (if you haven't been able to stop yet).
- Check the batteries in your smoke alarm.
- It is extremely important to avoid direct exposure to sunlight by using hats, loose clothing and keeping your baby in shaded areas.
- Sunscreens may be applied sparingly on the hands and face (avoid the mouth and eyes) of an infant who is less than 6 months old.

SUGGESTED READING:

Caring for Your Baby & Young Child by AAP and published by Bantam Books, 1991.

First Feelings: Milestones in the Emotional Development of Your Baby and Child by Stanley Greenspan M.D. and Nancy Thorndike Greenspan and published by Penguin Books, New York, 1988.

Taking Care of Your Child by Robert Pantell, M.D., James Fries, M.D., and Donald Vickery, M.D. and published by Addison-Wesley Publishing Co., Reading, Mass., 1993 (4th edition).

Touchpoints, Your Child's Emotional and Behavioral Development by T. Berry Brazelton, M.D. and published by Addison-Wesley Publishing Co., Reading, Massachusetts, 1992.

Infants and Mothers by T. Berry Brazelton and published by Delacorte, New York, 1969.

What To Expect The First Year by Arlene Eisenberg, Heidi E. Murkoff, and Sandee E. Hathaway, B.S.N. and published by Workman Publishing Co., New York, 1989.

Your Baby and Child, from Birth to Age Five by Penelope Leach and published by Knopf, New York, 1989.

Solve Your Child's Sleep Problems by Richard Ferber and published by Simon & Schuster, Inc., 1986.

Your Child's Health by Barton Schmitt and published by Bantam Books, 1991.

IMPORTANT NUMBERS:

Poison Control Center (800) 222-1222