



Longwood  
PEDIATRICS, LLP

## TWO MONTHS

Name \_\_\_\_\_ Date \_\_\_\_\_

Weight \_\_\_\_\_ Length \_\_\_\_\_ Head Circumference \_\_\_\_\_

### IMMUNIZATIONS (note: your child's doctor may modify the immunization schedule at times)

1. Diphtheria/Tetanus/Pertussis (DTaP) - protects against diphtheria, tetanus, pertussis (whooping cough)
2. Polio (IPV) – protects against polio virus
3. Haemophilus influenza B (HIB) – protects against a bacteria that causes meningitis, blood, and throat infections
4. Hepatitis B—protects against infection with hepatitis B virus
5. Pneumococcal Conjugate—protects against a type of meningitis and blood infection, and some ear infections
6. Rotavirus—protects against a virus which causes severe vomiting and diarrhea

After immunizations some infants may experience discomfort or fever. Treat any local reactions at the site of the immunizations (for example, redness or swelling) with a cool compress for ten minutes at a time every few hours. You may give your child acetaminophen as needed. Reactions from the immunizations should be gone in 48-72 hours, although a small firm non-tender lump under the skin may remain for up to two months. If the baby has a fever of 100.4° F (38° C) or higher or appears very sick after the immunizations, contact the office.

### DEVELOPMENT

Maintaining your baby's comfort through rocking and sucking is still a primary need of the infant. The baby will concentrate on communicating with you. This is a delightful stage of cooing and smiling.

Head control should be improving by now. The baby may begin to lift the head and chest a bit when placed on the belly. An increase in drooling and mouthing objects usually occurs by about three to four months, but this does not necessarily mean the baby is teething.

Provide a change of scenery for the baby several times a day. Place the infant on his stomach while he is awake in order to develop the muscles in the neck and shoulders. This will also help his head from being flattened by lying on his back all the time.

By three months, the infant will be interested in watching any object with a face on it and will try to talk to it. Place the object within the baby's reach so she may make attempts to reach it. Staring at slow moving objects two to three feet away is a favorite pastime. The baby will begin using fingers to explore different textures.

Mobiles are very good for this age group. The mobile should be placed about 12 inches from the baby's face and have bright colors that are visible to the baby while she is lying down. Mirrors are great as well.

Most babies cannot be expected to sleep through the night until they are four to six months old or weigh over 15 pounds.

### FEEDING

Your baby should be fed exclusively with breast milk or infant formula fortified with iron. If your baby is primarily breastfed, she should receive daily vitamin D drops, 400 IU once a day. We do not recommend starting solid foods until four to six months of age. Water is not necessary at this age. Honey should never be given to an infant under one year of age.

## SPECIAL INSTRUCTIONS

The rectal temperature in an infant normally ranges from 97.5° F (36.4° C) to 100° F (37.8° C). Please notify us if your baby has a temperature of 100.4° F (38° C) or higher rectally. But also remember that temperature is only one measure of illness. If your child is acting abnormally and you are concerned about the baby's well-being, please call the office.

## SAFETY

### *Sleep Safety*

Sudden infant death syndrome (SIDS) is the most common reason for death among healthy infants, but there are a number of things parents can do to dramatically reduce the risk of SIDS:

- 1) remember “**Back to Sleep**”—infants should always be placed to sleep **on their back** (please note that infants who spit up or have reflux should still sleep on their backs--there is no increased risk of choking and putting them to sleep on their side or stomach increases the risk for SIDS);
- 2) infants should sleep in a safe, modern crib or bassinet with no pillows, stuffed animals, or other soft bedding; if bumpers are used, they should be thin (not "pillow-like") and should be secured tightly to the sides of the crib;
- 3) infants should sleep in the same room as their parents during the highest risk period for SIDS (approximately the first 4-6 months of life);
- 4) consider offering a pacifier at nap time and bedtime because it has been shown to reduce the risk of SIDS, however, if your infant refuses the pacifier, he or she should not be forced to take it;
- 5) avoid overheating: The infant should be lightly clothed for sleep, and the bedroom temperature should be kept comfortable for a lightly clothed adult;
- 6) do not smoke or allow other people to smoke around your infant.

### *Home Safety*

Even though babies at this age cannot roll over, they can move suddenly. Never leave infant on a changing table, countertop, couch, bed, or other raised surface without always having one hand on the baby. Do not rely on a changing table strap alone to restrain the baby.

Smoke detectors are very important in the home. Batteries should be changed every six months (you can remember to do this by changing the batteries each spring and fall when the time changes).

The temperature of your home's hot water should be no more than 120 degrees to prevent third degree burns. Check the temperature by running the hot water from the tap and measuring the temperature with a kitchen thermometer. Adjust your hot water heater as needed.

### *Car Safety*

Your child should be in a rear-facing car seat in the back seat of the car for all car trips, even very short ones! Adjust the shoulder straps so that they are at or below the level of your child's shoulders. The straps should fit snugly—you should only be able to get only one finger between the straps and your child. In winter, it is safer to put warm layers on top of your child after strapping her into the car seat; securing the straps on top of bulky clothing can reduce the effectiveness of the car seat. If you would like further information on child car safety or would like to find a certified car seat inspector who can check the installation of your car seat, please consult the National Highway Traffic Administration website at [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov).

### *Sun Safety*

Avoid the midday sun between 10 am and 3 pm as much as possible. Use a hat or canopy and light clothing that covers as much skin as possible.

## NEXT VISIT

The next visit will be at age four months. At that time she will receive the following immunizations: Diphtheria/Tetanus/Pertussis (DTaP), Polio (IPV), Haemophilus influenza B (HIB), Pneumococcal Conjugate, and Rotavirus.