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Pierremont Pediatrics
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2 months old

General Health

- At two months of age it is recommended that your baby receive a 2nd Hepatitis B vaccine, Pentacel vaccine (which includes DTaP, IPV, and HiB), Prevnar and the Rotavirus vaccine. For more information on these vaccines please see the immunization section of our website www.pierremontpediatrics.com.

Nutrition

- Your baby should still only be taking breast milk or formula every 3-5 hours.
- Your baby may take anywhere from 3-6 ounces during a feeding.
- Some spitting up is normal, but please call our office if you see large amounts of spit up, excessive fussiness or projectile vomiting.
- We recommend postponing the introduction of solid foods until your baby is 4-6 months old.

Elimination

- Babies should have a wet diaper every 3-4 hours. Some babies will have a stool with each feeding as well.
- Stools can range in color from yellow, green or brown.
- Breastfeeding babies often have looser, more frequent stools.
- It is normal for most babies to appear to strain with bowel movements.
- Call if your baby has not had a bowel movement in more than 48 hours, hard stools, red or black stools or no wet diapers.

Sleep

- All babies should be placed on their backs to sleep, not on their sides or stomachs.
- Do not have fluffy blankets or stuffed animals in the crib with your baby.
- Infants should sleep in their own crib or bassinet in order to prevent possible injury/suffocation that could occur if someone is sleeping with them.
- Most infants will start to sleep more at night during this time and will be awake more during the day.

Behavior

- Your baby will enjoy looking at your face and hearing your voice. You may notice your baby start to smile in response to you.
- Your baby may start to make cooing sounds, and you may start to identify different cries for different needs (wet, hungry or pain).
- Your baby should start to lift head up and hold his or her head up for a short amount of time, grasp objects placed in the palm, respond to sounds, follow objects with eyes, and follow colorful objects and lights.
- The American Academy of Pediatrics recommends screen time at this age only for video chatting with family members

Injury Prevention

- Babies should ride in a car seat with 5 point restraint, rear facing in the back seat. For more information see the car seat information section of our website www.pierremontpediatrics.com.
- When bathing your baby, make sure the water isn't too hot. To prevent scalding, set your water heater no higher than 120°F. Feel the bath water before placing your baby into it. **Never leave child unattended in a bath or around water.**
- Do not microwave bottles, because hot spots form in the formula.
- Always test bottles after heating before feeding your baby.
- Have working smoke and carbon monoxide detectors in your house. Check the batteries often.
- Keep infants out of direct sunlight, no sunscreen at this age.
- Bug spray should not be placed directly on newborn's skin but can be sprayed on a blanket and placed over the stroller/ car seat for protection.
- Do not place car seat with infant in it on counter-top, washing machine or other elevated surface.
- Your baby should not be left unattended on a bed, sofa, changing table or any elevated surface as they may start to roll over.

“Come Grow With Us!”

Today's Date: _____ Age: _____

Name: _____

Weight: ____ lb ____ oz (____ %)

Height: ____ inches (____ %)

Head Circumference: ____ inches (____ %)

My next appointment: _____