

2 MONTH CHECK-UP

SETTLE IN!

By this time, you and your baby should have settled into a routine as (s)he continues to interact with you and her environment.

NUTRITION

Your baby needs only breast milk or formula every 3 to 4 hours. At this age, most babies will take 4 to 5 ounces of formula.

- Hold the baby to feed the bottle. Do not prop the bottle with a pillow.
- Breastfeeding is still on demand, whenever the baby wants. Try to pump and let Dad or others feed the baby so you can rest and, they get an opportunity to bond with the baby.
- Let her feed at least 10 minutes on each side. If she falls asleep, try waking her by opening her blanket and clothes, tapping or tickling her toes or gently wiping her forehead with a wet washcloth. Be patient with her.
- Do not start cereal or baby foods yet. It does not fill the baby and make them sleep through the night. It can cause more food allergies and stomach upsets.

DEVELOPMENT

- By this age, your baby will smile at the sight of your face or sound of your voice.
- She will start to make vowel sounds like “ah-goo” as a form of communication.
- She will start tracking objects around the room, through 180 degrees.
- She will start lifting her head briefly. Tummy time is important at this point for 5 to 10 minutes twice a day. This will help develop a stronger neck and back muscles.
- Babies love toys with colorful lights and sounds.

SLEEP

- Sleep time varies with every baby. Some babies wake up every 3 to 4 hours, while others sleep longer. They do not sleep 8 to 10 hours at night until they are 4 to 6 months of age.
- Develop a good sleep hygiene by starting a bedtime routine, like giving her a bath, reading a book, singing a nighttime song or lullaby. Do not let her sleep with a bottle in her mouth.
- Put her down when she is drowsy, not completely asleep. That way, she can learn to fall asleep when she wakes up in the middle of the night too.



**LATA SHRIDHARAN
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SETTLE IN!

Paste your child's picture here



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SLEEP

- Babies will wake up every 2 to 3 hours for feeding. They might be awake at nights too.
- Babies sleep better when they are by themselves in their crib. It is the safest place for them.
- Make sure she is put to sleep on her back to avoid risk of SIDS.
- Don't use any stuffed toy or thick blankets in the crib.

SAFETY

- Always use a car seat while travelling in a car. The safest place for the baby is the back middle seat. The car seat should be rear facing until the baby is 1 year of age or 20 pounds in weight.
- Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.
- Use caution while holding your baby and drinking hot liquids.
- NEVER shake a baby.
- DO NOT smoke around your baby or allow smoke in your home. Exposure to smoke causes more respiratory infections and increases chances of ear infections and SIDS.
- Turn your water heater down to 120°F (50°C), to avoid burns.

IMMUNIZATION

Your baby will receive the following shots at this visit:

- DTaP (diphtheria, acellular pertussis, tetanus) shot
- Hib (hemophilus influenza type B) shot
- IPV (inactivated polio) shot
- PCV (pneumococcal) shot
- Rota (oral rotavirus) vaccine
- Vaccines can be combined depending on what is most appropriate for your baby.
- He can get a fever with the shots and it is okay to give acetaminophen drops. There can be some redness or swelling at the site of the shots and a cool compress and help relieve the pain.

Call back for any other unusual side effects.

We will see you and your baby back at the 4 month check up. Do not forget to bring your shot records to get it updated.

Thank you for letting us be a part of your child's life!

"Children are love made visible" – A Saying