

Bloomfield Hills: 248-203-6620

Farmington Hills: 248-788-2100

Two Month Exam

Length _____ Weight _____ Head Circumference _____

By now you should be more relaxed and comfortable recognizing your baby's needs. Your child will now begin to return your love with a smile and a coo.

Feeding: Continue nursing or giving formula as you have done. There is no medical reason to boil tap water for formula preparation. Breastfeeding babies require a Vitamin D supplement (Tri-vi-sol). Also, your baby will enjoy sucking on his/her hands or a pacifier.

Solids: Do not begin solids. Wait until 4 to 6 months.

Development: Your baby's head control should be improving but is often not steady until 4 to 6 months of age. She should be able to lift her head when placed on her belly. She should be able to track objects or faces with her eyes. Also, smiling and cooing begin now. It is a good idea to place your baby on her belly to play.

Immunizations: Vaccines prevent serious disease and illness. Your baby will receive the following immunizations: DPT (#1), IPV (#1), Hib (#1), and Prevnar (#1). **Recommendations may change as AAP and CDC recommendations change over time. None** of the vaccinations we administer contain Mercury (Thimerisol). You may give your baby acetaminophen drops (Tylenol, Tempra, etc.) every four hours for pain relief. Please refer to the Sick Booklet for dosage, or the dosage chart that we give you, and keep this information for future reference.

Safety: Squirming and rolling make falling more of a problem now. **Do not** leave your baby unattended on a bed. **Do not** put baby bottles in a microwave. Microwaves heat unevenly and the infant could sustain a burn. **Do not** put infant seats on smooth surfaces such as kitchen counters or tables unless you are standing next to the infant. The baby's kicking can scoot the infant seat off these smooth surfaces.

Sleep: Sleep habits develop as early as two months of age. If your baby learns to fall asleep on the breast/bottle or in your arms, he will more than likely require this same stimulus to fall back asleep at night. This often creates a trained night feeder or trained night waking. Therefore, your goal is to put your baby to sleep drowsy but awake. The reason is that if he falls asleep on his own initially, he will have a much easier time putting himself back to sleep when he wakes up at night. He will become an independent sleeper! Although the baby may cry more initially when falling asleep independently, it will pay off dividends in the future! **Please remember to continue to put your baby to sleep on his/her back to sleep in order to prevent SIDS.**

Next exam is at 4 months of age