



A Member of  
**Valley Children's Medical Group**  
 www.fresnochildrens.com

## Well Child Care, Two Months

**Name:** \_\_\_\_\_ **Doctor:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**WT:** \_\_\_\_\_ **HT:** \_\_\_\_\_ **HC:** \_\_\_\_\_ **Age:** \_\_\_\_\_

The following is our recommended well child visits and immunizations schedule. Typically, the 6, 12, and 18 month well visits are conducted by one of our pediatric nurse practitioners.

	1 wk	1 M	2 M	4 M	6 M	9 M	12M	15M	18M	2Y
Hepatitis B		X	X			X				
** (DTaP) Diphtheria, Tetanus, Pertussis, Polio, H, influenzae b			X	X	X			X		
Pneumococcal			X	X	X		X			
** (MMR) Measles, Mumps, Rubella								X		
Varicella							X			
Hepatitis A							X		X	
Rotavirus (by mouth)			X	X	X					

\*\*combination vaccine

These are guidelines only. Changes may be made to meet the needs of your child. Vaccine Information Sheets are available on our website [www.fresnochildrens.com](http://www.fresnochildrens.com) in the Health Information tab.

### NUTRITION

- Breast-feeding is the ideal, preferred method of feeding. Breast milk or formula should be the only food for the first 4 to 6 months.
- No water, solids or juices are to be added until you are given specific instructions.
- We recommend that water for formula preparation be sterilized until the baby is about 4 months old. Bottle nipples should be sterilized.
- If using formula, follow storage instructions on the container.
- Breast milk can be stored in the refrigerator for up to 72 hours and in the freezer for up to 6 months.
- Do not give regular milk, honey, or egg whites during the first year.
- Always hold your infant while feeding him/her. Do not prop a bottle and have them lay down to eat.
- To monitor your child's growth on a growth chart go to [www.fresnochildrens.com/](http://www.fresnochildrens.com/) and under the Health Information tab click on Informational Handouts to find growth charts for printing.

## INFANT CARE

- There are many reasons for infants to be fussy and have persistent bouts of crying. Colic is one of them. If you think your infant is colicky, you can try the following suggestions, but discuss these symptoms with your health care provider.
  - Walk your baby in a body carrier to soothe him.
  - Rock him, run the vacuum cleaner. Steady rhythmic motion or sound may sooth him
  - Try a pacifier.
  - Lay your baby tummy down across your knees and rub his back.
  - Wrap him in a blanket so he feels secure and warm.
  - When you are feeling tense and anxious, have someone else look after the baby. Take a break.
  - Sometimes, it's okay to let your baby cry for awhile.
  - Call the office and schedule an appointment if you have more questions.
  - Screen media discouraged other than video chatting for age two age and younger. For more information on screen time go to [www.healthychildren.org/mediauseplan](http://www.healthychildren.org/mediauseplan)

## DEVELOPMENTAL MILESTONES

- Hold his/her head upright for brief periods of time.
- Coos and vocalizes reciprocally.
- Smiles responsively.
- Has some head control in upright position.
- Focuses 8 to 12 inches away.

## INJURY & ILLNESS PREVENTION

- For car seat information visit [www.safecar.gov](http://www.safecar.gov)
- The back center seat is the safest place for children
- It is recommended that baby sleeps in their own crib in parent's room until one year of age.
- Back sleeping reduces the risk of sudden infant death syndrome (SIDS)
- Give your infant "tummy time" when he is awake on a regular basis to promote coordination and strengthening of muscles and flattening of head.
- Learn emergency procedure for choking and CPR.
- Never shake your baby. Shaking or tossing your infant even in a playful manner, can cause serious injury or death.
- Do not use soft bedding, soft toys, or toys with loops or string cords.
- Do not leave your baby alone or with a young sibling or pet.
- Install smoke alarms.
- Second-hand smoke exposure of all sources, including vapor devices, is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to [www.lungusa.org](http://www.lungusa.org) (the American Lung Association Website) and click on "Quit Smoking" tab on the top menu.

**Call the office immediately** if your baby is under three months and has a rectal temperature greater than 100.4 degrees Fahrenheit.

**This and other information is on our Website at [www.fresnochildrens.com](http://www.fresnochildrens.com)**

## Acetaminophen (Tylenol)

*To be given every 4 to 6 hours as needed for fever or pain.*

Age	Weight	Suspension Children's Liquid 160 mg/5 ml
0-3 mos	6-11 lbs	-
4-11 mos	12-17 lbs	1/2 tsp
12-23 mos	18-23 lbs	3/4 tsp
2-3 yrs	24-35 lbs	1 tsp
4-5 yrs	36-47 lbs	1 1/2 tsp
6-8 yrs	48-59 lbs	2 tsp