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MEDICAL GROUP
WWW.FRESNOCHILDRENS.COM

Well Child Care, Two Months

Name: _____ Doctor: _____ Date: _____

WT: _____ HT: _____ HC: _____ Age: _____

Recommended Well Child Visits

1wk 1m 2m 4m 6m 9m 12m 15m 18m

Immunizations are given as follows:

- Hepatitis B:** Three vaccinations in the first year.
- Diphtheria, tetanus, pertussis (DTaP):** given at 2, 4, 6, 15-18 months, and upon school entry.
- Polio:** given at 2, 4, 12-18 months, and upon school entry.
- Haemophilus influenzae type B (Hib):** given at 2, 4, 6, 15-18 months.
- Pneumococcal:** given at 2, 4, 6, 15-18 months.
- Measles, mumps, rubella (MMR):** given at 12-15 months and at school entry.
- Varicella (Chicken Pox):** given after 12 months.
- Hepatitis A:** Two vaccinations after 12 months.
- Tuberculosis skin test (PPD):** given with entry into daycare, preschool, and/or kindergarten.

These are guidelines only. Changes may be made to meet the needs of your child

NUTRITION

- Establish a regular feeding schedule
- Breast milk or formula should be the only food for the first 4 to 6 months.
- We recommend that sterile water be used to mix formula until the baby is about 4 months old. Bottle nipples should be sterilized (i.e. boiled in water)
- Discard bottles of expressed breast milk or open containers of ready-to-feed or concentrated formula stored in refrigerator for 48 hrs or more; discard bottles of prepared formula stored in refrigerator more than 24 hours (more information on breast milk storage at <http://www.fresnochildrens.com/files/HealthTopics/breastmilkstorage.pdf>)
- 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 <http://www.fresnochildrens.com/HealthInfo.htm>
- Do not give regular milk, honey, olive oil, mineral oil, wheat, citrus, or egg whites during the first year

INFANT CARE

- About one fifth of all babies develop colic. Nobody knows for sure why this happens, but, usually colic means over sensitivity to stimulation leading to intense crying. The good news is that colic resolves by around 3 month of age. Here are several things you can try
 - If nursing, eliminate milk products, caffeine, yellow vegetables (onions, cabbage, garlic, ginger, broccoli, and asparagus). If bottle-feeding, try a formula that has no cow's milk.
 - 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 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 if your baby cries constantly for more than two hours, you are afraid you might hurt your baby, or your baby starts acting very sick.
- For more information on ways to soothe a crying baby, go to <http://www.fresnochildrens.com/files/HealthTopics/soothecryingbaby.pdf>

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

- Continue to use rear-facing infant safety seat in back seat of car until your infant is twelve months old **AND** twenty pounds
- The back seat is the safest place for children
- Back sleeping is preferred and reduces the risk of sudden infant death syndrome
- Learn emergency procedure for choking and CPR
- 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 is linked to a higher incidence of ear infections, respiratory illnesses, and asthma. For information on smoking cessations go to 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 has a rectal temperature greater than 100.4 degrees Fahrenheit
- If your baby is blue or having difficulties breathing
- If your baby is not feeding well or is difficult to wake up

This and other information is on our Website at www.fresnochildrens.com. If you do not have access to the internet, please call our office to have them mailed to your home.