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2 MONTH EXAMINATION

1. Use a baby-sitter for your mental health.

Information to leave:

- a) YOUR name address and telephone number
- b) Where you will be
- c) Police telephone number
- d) Fire Department telephone number
- e) Poison Control Number: 1-800-222-1222
- f) Name and telephone number of person to call if you cannot be reached.

2. **INJURY PREVENTION:** Many babies roll over between three and five months of age. Be careful not to leave them alone on high places. Check your smoke detectors to be sure they work. Avoid exposing your child to cigarette smoke. If you smoke it is best for you and your baby if you can quit. Babies should sleep on their back to decrease the risk of Sudden Infant Death Syndrome (SIDS). Turn the head occasionally so they do not develop a flat spot on the skull. Once they can roll easily both ways then they may determine their own sleep position. Don't hold your baby and hot food or liquids at the same time. Babies should be protected from the sun with clothing, umbrellas or shade. Sunscreen may be used if you are unable to keep a small area of skin covered. We do not recommend infant swim classes in accordance with American Academy of Pediatrics guidelines.

3. **INFANT CAR SEAT:** Please use it consistently. Your baby should be in a rear facing car seat in the back seat of the car until at least TWO YEARS of age. Never put baby in front of an air bag. Remember the seat must be properly secured in the car and the child secured in the seat.

4. **DEVELOPMENT:** Most babies at this age will begin to make experimental noises, smile, stare at their fists, gain control over head movements, and follow objects with their eyes. Although babies should sleep on their back, it is a good idea to have them lie on their stomach occasionally while awake to develop better head control. Keep talking and singing to your baby.

5. Acetaminophen (Tylenol, Tempra, etc.) dose for pain or fever. Ibuprofen, Motrin or Advil is not recommended for babies under 6 months.

Under 12 lbs 40 mg every 4 hours
12 to 17 lbs 80 mg every 4 hours
18 to 23 lbs 120 mg every 4 hours

6. **IMMUNIZATIONS:** Your child will receive DTaP, IPV, pneumococcal, rotavirus, and HIB-Hepatitis B immunizations today. Notify us if your child develops a temperature of 104 or above or experiences unusually high pitched prolonged screaming in the 24 hours following immunization. We no longer recommended using Tylenol before vaccines are given as this may diminish the immune response. You may use Tylenol if you baby does develop a fever after the vaccines.

7. FEEDING: Breast milk is still the best food for your baby. Some babies become more efficient at nursing and will decrease the length of feedings. If you are returning to work you can still breastfeed! Ask us for help. Your baby needs no food or liquids other than breast milk or formula until 4 to 6 months. Never place your baby in bed with a bottle. This can lead to serious tooth decay and ear infections. Tooth decay can also occur in babies who sleep latched onto the breast.

All children should receive 400 international units (IU) of Vitamin D daily beginning at 2 weeks of life. Bottle-fed infants get this in their formula. Breast-fed infants may be given over-the-counter multivitamin preparations daily.

8. ELIMINATION: Breastfed babies often have a decrease in their frequency of stools between six and eight of weeks of age. It is normal to go as long as a week without stooling, for breastfed or formula fed babies, as long as the stool is soft. Constipation is the passage of hard stools. If this occurs, let us know.

COMMUNITY RESOURCES:

- The Parent Connection offers parenting classes and play groups.
www.theparentconnectionaz.org.
- Child and Family resources offers information about available child care.
www.childfamilyresources.org.
- The American Academy of Pediatrics has a web site:
www.healthychildren.org.

NEXT VISIT: 4 Months of age