



Pediatric and Adolescent Medicine
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HEALTH MAINTENANCE INFORMATION SHEET – AGE 2 MONTHS

Date	Age	Wt	Ht	Head Size	Next Appt.
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Acetaminophen Dosing: Children’s Suspension (160 mg/5 mL) _____

NUTRITION:

- Continue breast-feeding or using the same formula. Feeding intervals may increase to every 3-4 hours.
- There is no nutritional reason to offer either juice or solids yet. Do not offer honey until 1 year (botulism risk).
- All Breastfed babies need iron and vitamin D supplementation (Tri-vi-sol with Iron or My Kidz Iron)

GROWTH & DEVELOPMENT:

- Lifts up head when lying on tummy; head still lags (flops) on pull up.
- Grasps objects placed in hand.
- Social smile, coos, laughs, squeals in response to social overtures. Baby is interested in faces and attends voices more intently.
- Follows objects longer with eyes. Occasionally, eyes may cross.

IMMUNIZATIONS & PROCEDURES:

- Pentacel #1, Prevnar#1 and RotaRix #1.
- The infant may have low grade fever, soreness, and irritability for 12-24 hours after the immunizations.
- Fevers to 104-105 degrees, prolonged irritability or high-pitched cry, prolonged lethargy or limpness, or a seizure are symptoms that require a telephone call. Although frightening, they usually cause no harm but could preclude your child from having future doses of pertussis.

ACCIDENT & SAFETY:

- Continue to use infant car seat at all times. To prevent falling, do not place infant seats on elevated surface.
- Don't hold infant in lap when drinking HOT beverages, smoking, or cooking.
- Don't leave infant unattended on an elevated surface, since he/she may accidentally roll off.
- A playpen can be used as an "island" of safety.
- Be careful that "hand-me-down" equipment is safe. Be sure that toys are unbreakable, lack detachable parts or sharp edges, and are large enough not to be swallowed. Appropriate toys are rattles, squeeze toys, soft blocks, activity quilts, etc.
- Keep crib free of toys and pillows (risk of suffocation). REMEMBER: Back to sleep, empty crib and no co-bedding.
- Do not use baby walkers.
- Wash hands frequently
- Supervise your baby around other children or pets.
- Guns and children do not mix. Store ammunition and gun separately. Have trigger locks on all guns.

MISCELLANEOUS:

- Infants may manifest signs of significant illness in a variety of ways. Please call for any fever of 100 degrees or greater, increasing irritability, lethargy, or change in eagerness to feed.
- Infants may start to sleep through the night or continue to wake at 3-4 hour intervals. Early introduction of solids will not make your child sleep through the night. You can help your infant develop good sleeping habits by putting him/her down sleepy but awake in a separate room from you. Do not allow baby to fall asleep with a bottle.
- Emotionally, your baby is more interested in the human world and responds to parent's drawing out of affection.
- You cannot spoil your baby at this age. They love to be cuddled, sung to, read to and played with.
- Exposure to smoking increases the number of colds, ear infections and lung disease. Try to quit.

RESOURCES:

- Post-natal classes
- Montgomery County Recreation Department programs
- Washington Parent's Connection 5606 Knollwood Rd. Bethesda, MD 301-320-2321