

Partners in Pediatrics



Naturally Healthy Kids Since 1977

WELL-CHILD CARE

AGE: 2 MONTHS

GROWTH:

Weight: lb. oz. (%)

Height: inches (%)

Head Circumference: inches (%)

IMMUNIZATIONS:

- Acellular DPT
- Hemophilus B (HIB)
- Pentacel (DTaP, HIB, IPV)
- Vaxelis (DTaP, HIB, IPV, HepB)
- Pneumococcal
- Hepatitis B
- IPV (Injectable Polio)
- Rotateq
- Meningitis vaccine for high risk groups

Development:

GENERAL PARENTING ISSUES:

1. NUTRITION

Most babies do well on formula or breast milk alone; however, if your baby consistently eats more than 32 oz. of formula/day or 10 breast feedings/day **for a week**, please call us for further instructions.

If your baby is exclusively breast-fed, we recommend giving your infant 400 IU of vitamin D per day, until 12 months of age or if taking <50% breastmilk.

2. SLEEP

Between 2 and 4 months, most infants develop consistent day and night patterns of sleep. Daytime sleeping consists of between 2 and 4 naps of varying lengths. Occasionally, babies develop a “cat-napping” pattern of several short, 10 to 30 minute naps with an occasional catch-up nap of a few hours every 2-4 days. Nighttime sleeping is generally between 8 and 12 hours with 0 to 2 awakenings. We still recommend that your infant be placed on their

back for sleep. On our PIP website, sleep classes are available for you to listen to as you and your baby work toward a successful sleep pattern.


3. STOOLS

The stools of breast-fed babies can be as infrequent as every 5th day or as frequent as with every breast feeding. The stool is usually very runny and **yellow** with “**seedy**” material present. A green color is also normal.

The stools of bottle fed babies have a wide variation of color, consistency, and odor. Be concerned if stools are very hard, difficult to pass, etc. Please see the **The Healthy Child/Naturally Healthy Kids** for constipation guidelines.

DEVELOPMENT/STIMULATION:

A developmental screening test called “Ages and Stages” may be administered at subsequent visits. Watch for text/email reminders to complete the screening ques-



tions online at home before your visit. We will be testing to determine if your child is developing at a rate normal for their age in the major areas of:

1. Personal/social interactions
2. Gross motor skills (big muscle groups)
3. Fine motor skills (small muscle groups)
4. Communication
5. Problem Solving

There is considerable variation of normal for all these areas.

Babies are now becoming interactive little people, although it appears to be a frustrating time for them, as they seem to want to do more than they are able to do physically. They are now looking at their hands, beginning to hold objects such as your finger, rattles and objects that they can hold in both hands. Suspended objects are easily moved and give back a response such as noise or a strong visual stimulation. Visually, babies can look across the room to see what is happening and are able to follow you, as well as demonstrate some interest in following objects from a distance.

Musical toys are relaxing and provide good visual and auditory stimulation. The BEST stimulation you can provide is plenty of “face to face” conversation and cooing with your baby.

BOOKS:

- *First Twelve Months of Life*, Frank Caplan.
- *Infants and Mothers*, T. Barry Brazelton.

HOMEWORK ASSIGNMENTS:

Please read the *The Healthy Child/Naturally Healthy Kids* sections on colds, constipation, and fever.

COMING SOON:

1. Next check-up at 4 months.
2. Recommended immunizations

YOUR NOTES:

Partners In Pediatrics
visit us at
www.partnersinpediatrics.com



HOW TO FEED YOUR BABY STEP BY STEP

Every baby is very special. This is a general guide for feeding your baby, so don't worry if your baby eats a little more or a little less than this guide suggests.

Age	Foods	Frequency	Suggested Serving Size	Feeding Tips	
0-4 Months	Milk	Breast or Formula	On demand		*Nurse 5-10 min/breast
		0-1 month	6-8	2-4 oz.	*6-8 wet diapers good
		1-2	5-7	3-5 oz.	*Never prop the bottle
		2-3	4-6	4-7 oz.	*Always hold baby feed
		3-4	4-6	5-8 oz.	*Don't force large amounts
4-6 Months	Milk	Breast or Formula	4-6 times/day	4-6 oz.	*Don't prop bottle *Feed your baby upright *Notify us if there is a strong family history of food allergy
	Baby Food (purée texture)	Cereals Veggies Fruits Yogurt Hummus Nut butters	1-3 times/day	as much as they will take	*Never put food in a bottle *No raw honey until 12+ months
6-9 Months	Milk	Breast or Formula	2-5 times/day	6-8 oz.	*One new food at a time *Solid food first over milk *Start offering what you are eating
	Purées AND small, soft finger food	as above "Puffs" Veggies Fruits Meats Cheese Beans, Tofu	2-3 times/day	as much as they will take	*Cut up to pea size or less *Never heat by microwave
9-12 Months	Milk	Breast or Formula	2-5 times/day	6-8 oz.	*Start using a cup *Encourage mostly self feeding
	Water or diluted juice		once	no more than 4-6 oz./day	*Offer & eats what the family eats
	Solids	as above - everything except raw honey	3 times/day	as much as they will take	*Avoid hard choking hazards *Feed at the table with you

1. We always recommend Iron fortified formula for your baby.
2. At 12 months of age, 2% or whole milk may be given instead of breast milk or formula, transition gradually over 1-2 weeks.
3. Make sure to allow 3 days for each new food - so, you can observe for signs of food allergy (hives, watery diarrhea, excessive vomiting).
4. Snacks are important for increasing energy needs (snack should be given at table).
5. DO NOT encourage grazing (allowing the child to walk around and eat small amounts of food frequently).