

**Palisades Pediatrics, LLP
236 North Main Street
New City, NY 10956
(845)708-0400**

Two (2) Months Old

Feedings:

- 1) Breast milk
- 2) Infant Formula- Samples of Enfamil, Similac and Good Start are available in the office
- 3) Never give a baby a bottle in his/her crib while he/she is trying to fall asleep and never heat bottles in a microwave.
- 4) Solid food is **NOT** recommended
- 5) Do not add cereal to bottles

Medications/Vitamins:

No medications should be given without talking to your pediatrician. Vitamin D 400 IU a day is advised for breastfeeding infants.

Your Growing Baby:

- 1) Smiles, makes baby sounds and makes sounds in response to your prompting
- 2) Responds/Startles to loud noises
- 3) Begins to distinguish his/her parents from others and responds more to familiar people
- 4) May sleep uninterrupted for 8-12 hours or awaken every 3-4 hours. Sleep patterns are highly variable
- 5) Can hold toys when placed in the baby's hand and swat at toys
- 6) Over the next few weeks, your infant will:
 - Be aware of separation from mother and may have difficulty falling asleep;
 - Have firmer, less frequent stools;
 - Have more powerful arm and leg movements;
 - Will "find" hands, scrutinize faces and be attracted to colors and patterns
 - Discriminate voices and turn to the sounds of familiar voices.

Parent Tips:

- 1) Arrange to get out without your baby and not feel guilty about it, and begin to think about pursuing your own interests.
- 2) Make sure you spend time playing with or reading to your other children;
- 3) Talk to your baby and play music;
- 4) Never sleep with your infant in your bed (co-sleeping) but rather transition from a bassinet to a crib
- 5) Drop in on your babysitter or childcare center unannounced just to check on things;
- 6) Avoid using a movable baby walker, but using a vibrating chair or stationary infant swing can increase leg strength and enjoyment of body movement;
- 7) Do not use powder on your infant, use hydrating and unscented ointments for skincare

Call Health Care Provider When Baby

- 1) Is unusually fussy or irritable, crying inconsolably or lethargic and difficult to arouse;
- 2) Has a fever (temperature greater than 100.4°F)
- 3) Refuses to eat or has vomiting and/or diarrhea, rash

Accident Prevention:

- 1) **ALWAYS USE A CAR SEAT AND MAKE SURE IT IS INSTALLED CORRECTLY, it is required by law! DO NOT** put an infant seat on anything but the floor when the baby is in the seat outside of the car. For more information on car seats call: **AUTO SAFETY HOTLINE at 1-800-424-9393**
- 2) **DO NOT** leave your baby unattended on a bed, table, or other elevated surface.
- 3) **DO NOT** leave your baby unattended in the bath. Always check your child for ticks and rash when bathing them
- 4) **DO NOT** hold your baby when drinking hot liquids or when smoking.
- 5) **Infant toys should be unbreakable, contain no small detachable points or sharp edges and be too large to swallow.**
- 6) **DO NOT** use a microwave oven to warm formula or breast milk
- 7) Install and maintain smoke detectors, carbon monoxide detectors and have working fire extinguishers. No one should smoke around your baby.
- 8) Keep crib away from windows and curtain cords, mobiles are not recommended.
- 9) Always protect your infant's skin and eyes from harmful sun rays by avoiding prolonged sun exposure and wearing a bonnet and lightweight clothing in the summer and brimmed cap in the winter. Do not use sunblock/screen on your infant.
- 10) Be sure to have emergency phone numbers for Police, Fire Department, Ambulance, Hospital, Pediatrician, and Poison Control Center readily available.
- 11) Make sure the hot water heater for your home is set to 120° F or less to avoid risk of scalding in the bath.

Immunizations:

- 1) Your baby will receive his/her first of the following immunizations: Pentacel (Diphtheria, Tetanus, acellular Pertussis, Haemophilus Influenza B Vaccines, Inactivated Polio Vaccine) Prevnar 13 (Pneumococcal Conjugate Vaccine) and Rotateq (Rotavirus Vaccine)
- 2) He/She may:
 - Be irritable and fussy for the next day or two;
 - Develop redness, tenderness, or swelling over the injection site;
 - Develop a low-grade fever.
- 3) Call your Health Care Provider if:
 - Temperature is greater than 101°F;
 - Screaming episodes greater than four (4) hours;
 - Excess irritability or lethargy;
 - Not awakening for regular feedings.
- 3) Use cold compresses if injection site is red, swollen, or tender.
- 4) Give Infant acetaminophen for fever or fussiness. Give the dose based on their weight as advised by the pediatrician

Special Instructions:

Next Visit:

At four months of age for well child check and immunizations.