



PEDIATRIC ASSOCIATES OF NYC, P.C.

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2 month visit

Today's measurements Height _____ Weight _____ HC _____

Vaccines:

- DTaP, Hib, Pneumococcal, IPV (polio), Rotateq
- Reaction: Fever, irritability, redness at site- cool compress today, warm compress tomorrow
- Acetaminophen dose: based on weight- see website for product info

Development:

- Social smile may begin
- Coos
- Holds head when on belly (prone)
- Follows object past midline
- Reacts to loud noises
- Moves both arms and both legs
- Opens hands briefly

Nutrition:

- Breastfeeding - 5-8x/day
- Formula feeding- 3-6oz/bottle, 5-8x/day
- 400 IU Vitamin D for breastfed babies (available as liquid drops)
- Do NOT add cereal to bottles

Sleep:

- Back to sleep
- Sleep begets sleep
- Better sleep during the day leads to better nighttime sleep
- Tummy time when awake
- Place baby drowsy but awake to sleep
- Nighttime sleep stretch of 4-9 hours

When to call us:

- Rectal temperature >101 for 24 hours
- Crying excessively or inconsolably
- Difficulty breathing
- Excessive sleepiness or poor feeding
- Vomiting forcefully or frequently
- Limp or sluggish
- OR if you have any other questions or concerns

Next visit in 1 month (at 3 months old)