



2 Month Well Child Check

Expected Developmental Milestones

- Social smile
- Cooing, gurgling sounds
- Beginning to follow things with eyes
- Turns head toward sounds
- Smoother arm and leg movements
- Improved head control and begins to push up during tummy time

Feeding

- Feeding only breast milk or iron-fortified formula for the first 6 months – avoid solid foods, juice or water until then
- Do not prop the bottle during feedings
- If breastfeeding and going back to work, plan for pumping and storing breastmilk

Sleep

- Always place baby on their back to sleep
 - In a crib with slats no more than 2 ³/₈ inches apart (see cpsc.gov for more info)
 - No loose bedding such as comforters, pillows, bumper pads or toys
 - In your room, not in your bed

Play

- Tummy Time – put your baby on his tummy when awake and you are there to watch
- Hold, talk, cuddle, sing and read to your baby

Infants' Tylenol Dose (every 4 hours as needed)

| <i>Weight</i> | <i>Give:</i> |
|---------------|-----------------|
| 6-11 lbs | 1.25 mL (¼ tsp) |
| 12-17 lbs | 2.5 mL (½ tsp) |

Safety

- Never shake your baby
- If you feel upset, put your baby in a safe place; call for help
- Call for help if mom is feeling sad, blue or extremely tired for more than a few days
- Wash your hands often to help your baby stay healthy
- Rear-facing car seat in the back seat
- Keep a hand on your baby when dressing or changing him. Never leave your baby on a surface unattended.
- Set the water heater so that the faucet temp is at or below 120°F
- Never leave your baby alone in bathwater, even in a bath seat or ring

Immunizations at this visit

| <i>Regular (CDC) Vaccine Schedule</i> | <i>Alternate Vaccine Schedule</i> |
|--|--|
| - Pentacel #1 (DTaP, Hib, Polio) - Prevnar #1 - Rotavirus #1 | - Pentacel #1 (DTaP, Hib, Polio) - Rotavirus #1 (optional) - Follow-up in 1 month for Prevnar #1 vaccine |

- For more info: <https://www.cdc.gov/vaccines/index.html>

Next Well Child Visit: 4 months old

Helpful Resources:

- www.healthychildren.org
- Child safety seat inspection: www.seatcheck.org
1-866-SEATCHECK
- Birth to Five Helpline: 1-877-705-KIDS (5437)