



2 MONTH CHECKUP

Acetaminophen: Give every four to six hours as needed. Don't exceed five doses in 24 hours.

mL = milliliter
tsp = teaspoon

Acetaminophen

Weight	Infants' Oral Suspension	Children's Acetaminophen Oral Suspension	Children's Acetaminophen Meltaway Chewable Tablets (80 mg)	Jr. Acetaminophen Meltaway Chewable Tablets (160 mg)
6-11 lbs.	1.25 mL 	—	—	—
12-17 lbs.	2.5 mL 	—	—	—
18-23 lbs.	3.75 mL 	—	—	—
24-35 lbs.	5 mL 	5 mL (1 tsp) 	2 tablets 	—
36-47 lbs.	—	7.5 mL (1.5 tsp) 	3 tablets 	—
48-59 lbs.	—	10 mL (2 tsp) 	4 tablets 	2 tablets 
60-71 lbs.	—	12.5 mL (2.5 tsp) 	5 tablets 	2 1/2 tablets 
72-95 lbs.	—	15 mL (3 tsp) 	6 tablets 	3 tablets 

Dothan Pediatric Healthcare Network complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-334-793-1881.
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-334-793-1881번으로 전화해 주십시오.

2 MONTH CHECKUP

Date: _____

Weight: _____

Length: _____

Head Circumference: _____

Next Visit: **4 Months of Age**

Nutrition

- Continue with breastfeeding or formula.
- You will notice that your baby will go longer between feedings.
- Babies who are bottle-fed may take up to 4 ounces at this time.
- Do not feed your baby cereal or other solid foods, including baby foods, unless instructed by your physician. Breast milk and formula have all of the nutrients your child needs to grow and thrive.

Sleep

- Sleeping better at night is the rule.
- Remember to continue to place your baby on his/her back while sleeping.

- Try giving your baby the pacifier or patting his/her bottom when he/she wakes at night. Also, try to put your baby to sleep drowsy but still awake.

Development

- Social smiling begins - the infant will smile when you talk to him/her instead of just random smiling.
- Your baby may hold a rattle briefly.

Behavior

- Your baby will tend to cry less at this age and be able to play more on his/her own.

Safety

- Car seats are a must. Remember to place them rear facing in the back seat of the car.
- Don't shake your baby in play or in frustration.
- Watch the water temperature during bath time. Keep your water heater set below 120° F.
- Watch for falls. Your baby can easily roll off the bed at this age.
- Use smoke detectors in the house and check them regularly.

- Remember that smoking around your baby is unhealthy and dangerous.
- Remove guns from the home or keep them unloaded and locked up.

Illness

- If your baby is sick, take a rectal temperature.
- If the rectal temperature is 101°F or higher, call immediately.
- Do not give any medications.

Immunizations

- Please see attached sheets for vaccines given today.
- You may see fever, fussiness, and swelling or redness at the site of the injection.
- You can give Tylenol (see dose chart on back) every 4 hours and use a cool compress if needed.
- For rare reactions (temperature greater than 103°F, fever associated with seizure, a screaming fit, or a limp spell) call your pediatrician.

BRUSH UP ON HEALTHY TEETH

Your child's teeth will begin coming in between 6 and 12 months of age. The two bottom front teeth will be the first to come in followed by the four upper teeth. Teething may cause extra drooling and chewing, but rarely causes fever, diarrhea, or sleeping problems. Tylenol may be used, but teething gels (Orajel) are not recommended and can be dangerous.

There are many things parents can do to ensure their children have healthy teeth.

Brushing

Once your child has teeth, you can begin cleaning them by wiping them with a moist cloth. As more teeth erupt you can begin using a soft toothbrush.

Fluoride

Fluoride is VERY important for healthy teeth. Initially, most children get the fluoride they need from the water they drink (city water or nursery water). As teeth erupt, you should also use a fluoride-containing toothpaste once a day. Only a small amount of toothpaste is needed at this time - usually a "smear" once a day is enough. It is okay if your child swallows a small amount of fluoride toothpaste. By the age of 3, all children should be using a pea-sized amount of fluoride toothpaste twice a day.

When To See The Dentist

The American Dental Association recommends a child's first dental visit occur within six months of their first tooth erupting. Referrals are typically unnecessary. Until you are able to find your child a dental home, the pediatrician can provide guidance on routine tooth care and fluoride treatments.

Resources for More Questions:

- HealthyChildren.org
- National Highway Traffic Safety Administration
- Vaccine Information Center from Children's Hospital of Philadelphia
- Help Me Grow Alabama
- Alabama Family Central

Healthy Eating for 2 Month Olds!

- Your baby will increase to 24-28 oz. daily of formula or breastmilk over the next 2 months
- Provide 4-6 ounces of formula or breastmilk 4-6 times a day
- No cereal, no baby food, no juices
- Nothing added in the bottle
- 400IU of a liquid Vitamin D supplement is recommended for all breastfed babies.

Not All Crying Needs Food

- Learn to interpret the infant's cries
- Parents eager to "empty the bottle" encourage overeating

Signs Your Baby is Full

- Turns head away or releases nipple
- Falls asleep

Physical Activities

- Minimize stationary devices
- Use crib mobiles
- Encourage reaching, kicking, stretching, and belly play time
- No screen time is recommended for infants younger than 18 months of age, except for occasional video calls with family and friends.

ACTIVITIES 2 MONTHS OLD

- Talk softly to your baby when feeding him/her, changing his/her diapers, and holding him/her. Your baby may not understand every word, but he/she will know and be comforted by your voice.

- Take turns with your baby when he/she makes cooing and gurgling sounds. Have a "conversation" back and forth with simple sounds that he/she can make.

- Sing to your baby. Songs and lullabies help your baby to learn and listen.

- Place a shatterproof mirror close to your baby where he/she can see it. Start talking and tap the mirror to get him/her to look. The mirror will provide visual stimulation.

- When you see your baby responding to your voice, praise and cuddle him/her. Talk back to him/her and see if he/she responds again.

- Rock your baby gently in your arms and sing "Rock-a-Bye-Baby" or another lullaby. Sing your lullaby and swing your baby gently to the rhythm.

- In nice weather, take your

baby on a nature walk. Talk about everything you see. Even though he/she might not understand, he/she will like being outside and hearing your voice.

- Read simple books to your baby. Even if he/she does not understand the story, he/she will enjoy being close and listening as you read.

- Lay your baby on his/her back on a soft, flat surface such as a bed or blanket. Gently tap or rub your baby's hand and fingers while singing "Pat-a-Cake" or another nursery rhyme.

- With your baby on his/her back, hold a bright colored stuffed animal in his/her line of vision. See if he/she watches the stuffed animal as you move it slowly.

- Rest your baby on your arm, tummy down, with your hand on his/her chest. Use your other hand to secure your baby—support his/her head and neck. Gently swing him/her back and forth. As he/she gets older, walk around to give him/her a different view.

- Put a puppet or small sock

on your finger. Say your baby's name while moving the puppet up and down. See if he/she follows the movement.

- Place your baby on his/her tummy with head to one side, on a blanket. Until he/she has the strength, have him/her spend equal time facing left and right. Make "tummy time" a little longer each day. Closely watch your baby in case he/she rests his/her face on the floor, which could restrict breathing.

- Hold your baby in your lap and softly shake a rattle on one side of his/her head, then on the other side. Shake slowly at first, then faster. Your baby will search for the noise with his/her eyes.

- Gently shake a baby toy that makes noise. Put it in your baby's hand. See if he/she takes it, even for a brief moment.

- Make sure your baby is positioned so you can touch his/her feet. Gently play with his/her toes and feet, tickling lightly. Add the "This Little Piggy Went to Market" rhyme, touching a different toe with each verse.