

2 Months

Date: ___/___/___

Patient Name: _____ D.O.B.: ___/___/___ Age: _____ Ht: _____ Wt: _____

HC: _____

PREVIOUS Exam: ___/___/___ Ht: _____ Wt: _____ HC: _____

Vitamins: _____ Breast-Formula: _____

Foods: _____ Immunizations: _____ Next Appt.: _____

Nutrition:

- Breast milk or formula is still adequate nutrition for most babies. Solid food such as cereal is not necessary and may be harmful.
- Most babies have a more consistent, predictable feeding schedule.
- Most babies gain about 1 ½ to 2 pounds each month.
- Most babies grow 1 to 1 ½ inches each month.
- Spitting up is common and is generally more of a nuisance than a real problem.

Accident Prevention:

- Place your baby in an approved and properly installed car safety seat.
- Be careful when placing your baby on an elevated surface, he may roll off.
- Toys should be soft and washable. Toys should not have removable parts or sharp edges. To prevent choking, make sure that toys are too large to fit entirely into your baby's mouth.

Development-Most babies at this age:

- Begin making vowel sounds such as "ahhh" and "ehhh".
- Can hold their head upright.
- Can raise their head when lying on their belly.
- Can briefly hold an object in their hands.
- Directly regard a face.
- Stop crying when spoken to.
- Start the habit of reading to your baby.
- Choose brightly illustrated books with stories that rhyme.
- Babies enjoy rhythm and repetition.

Suggested books for birth to 6 months:

<i>Goodnight Moon</i>	By Margaret Wise Brown & Clement Hurd
<i>Pat the Bunny</i>	By Dorothy Kunhardt
<i>Chicka Chicka Boom Boom</i>	By Bill Martin, Jr., John Archambault & Lois Ehlert
<i>I Love You as Much</i>	By Laura Krauss Melmed & Henri Sorenson
<i>The Runaway Bunny</i>	By Margaret Wise Brown & Clement Hurd
<i>My First Songs</i>	By Jane Manning

Sleep:

- Most babies begin to develop a more regular, established sleep schedule.
- Some babies will sleep through the night while other babies will continue to wake up every 3 to 4 hours.
- There is no evidence that feeding your baby solid food at this age will help your baby to sleep through the night.

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