

# Edgewood Center Pediatrics, P.C.

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## Two Month Exam

Weight \_\_\_\_\_ lbs. \_\_\_\_\_ oz      Length \_\_\_\_\_ inches      Head Circumference \_\_\_\_\_ inches  
\_\_\_\_\_ percentile                              \_\_\_\_\_ percentile                              \_\_\_\_\_ percentile

Congratulations! By now you are probably feeling comfortable and more relaxed caring for your infant. You know that your baby won't fall apart! He/she is now returning your love with a smile and a coo.

### Feeding

Continue feeding breast milk or formula as you have done. Your baby is not yet ready for any solid foods. Although some infants are sleeping through the night, most are still awakening every three to four hours for feedings.

### Development

Smiling, cooing, and lifting head high are new things to enjoy at this age.

### Safety

- 1) When your baby is on the changing table or bed, never take your hand off him/her. Babies may easily fall while you are reaching for something. Be sure to have everything that you need close by.
- 2) When bathing, let the phone ring! A baby can drown in the time it takes to tell the caller that you will call back.
- 3) Never feed a baby who is lying down. He/she should always be in a semi sitting position in your arms or in an infant seat.
- 4) The only safe way for a baby to travel is in an approved car seat, installed according to the manufacturer's instructions. Infants up to 20 lbs. should be rear facing, and never placed in the front seat.
- 5) Never place a string or necklace around your baby's neck. Strings of any length can cause a choking hazard.
- 6) The recommended sleeping position is on the back. This position has been found to greatly reduce the risk of SIDS (Sudden Infant Death Syndrome) in infants.

### Immunizations

Your baby will get his/her first "set" of immunizations today.

- 1) Pediarix (DtaP, Hep B, IPV combined) #1
- 2) *Hemophilus influenzae* type B (a major cause of meningitis) – HiB # 1
- 3) Prevnar # 1
- 4) Rotateq #1 (prevents severe diarrhea from rotavirus)

### Next Visit

Next visit is in two months, when your baby is four months of age.