

## **PEDIATRIC ASSOCIATES OF SPRINGFIELD, INC**

1000 E. Primrose, Suite 560, Springfield, MO 65807 (417) 882-1600

### **TWO-MONTH CHECK-UP**

**FEEDING:** Breast milk or formula provides complete nutrition in the first six months of life. Solid foods should be introduced when the baby has developed good swallowing reflexes and head control, generally around six months of age. Starting solids too early can increase risk for obesity and allergies. Adding cereal to the diet does not help babies sleep through the night.

Breast-fed infants require an over-the-counter vitamin D supplement (400 iU/day) such as D-vi-sol or Baby Ddrops. Breast-fed babies will need to nurse 6-8 times a day until six months of age.

Bottle-fed babies should continue to take 24-30 ounces of formula a day. Infants who take less than 32 ounces a day, however, should continue a vitamin D supplement of 400 iU/day. Homogenized milk, canned milk or goat's milk can cause serious health problems and should not be used at this age. Generic brands of formula are acceptable but often are an older recipe. Please talk with us before trying multiple types of formula to minimize expense and unintended side effects for your baby. Never prop the bottle or put the baby to bed with a bottle.

**DEVELOPMENT:** Babies become more sociable, smiling and cooing at this age. Vision improves, and they enjoy looking at faces and toys. They are able to hold a rattle placed in a hand, and some will begin to roll over. Head control is improving. Tummy time should continue to encourage rolling over. Please let us know if you have any concerns about your child's hearing or vision, as early intervention is the most effective.

**SLEEP:** Establish good sleep habits by placing the baby in the crib sleepy but still awake so he learns to put himself to sleep. Although some babies sleep better on their tummies, this has been associated with a greater risk of SIDS. The baby should be placed on his back to sleep.

**ILLNESS:** Minor respiratory viral infections are common in the first year. They are best prevented by avoiding crowds and anyone with colds or other infections. Running a vaporizer or humidifier in the baby's room helps

stuffy noses. Saline drops lubricate the nostrils and loosen secretions so they may be suctioned more easily with a bulb syringe. Too vigorous use of the bulb syringe may cause swelling and bleeding of the nasal lining. Cold medications may have serious side effects and should not be given.

Fever (rectal temperature over 100.4) is usually a sign that the body's natural defenses are fighting an infection such as a cold. However, fever at this age can be a sign of serious illness and should be brought to our attention early in the illness.

Bowel changes are common at this age. Loose stools and spitting up are frequently due to overeating, but if persistent, the baby acts sick, or the baby is running a fever, please call the office. Also, breast-fed babies start to have fewer bowel movements at this age. If the stools remain soft and the baby continues to eat normally and act well, this is perfectly normal. Honey and corn syrup are not recommended at this age even to treat constipation. Please call us with any questions regarding constipation, diarrhea or vomiting.

**Regular exposure to cigarette smoke is harmful for your infant** and contributes to ear infections, colds, asthma, crib death and later cancer. Smokers should not smoke in the house or car but should step outdoors to smoke. The American Cancer Society can provide information on stop-smoking programs.

When planning a trip away from your child, please leave a letter with her caregivers including medical conditions, past surgeries, medications, allergies and immunizations, as well as a copy of your insurance card.

**SAFETY:** Safety concerns for your baby change as he develops. Approved safety seats should be used properly for all car and plane trips. Equip your home with appropriate smoke detectors. Turn your water heater down to 120 degrees. Do not leave your infant unattended on a bed or table. Avoid swings and seats that do not provide good support for the baby's head. A link for the recall website is on the Parent Resources tab of this website.

**IMMUNIZATIONS:** Immunizations are vital to protecting your baby from life-threatening infections. There are risks and side effects you should be aware of, but we strongly believe that the benefits are much greater than the risks. Please bring up any concerns before authorizing their administration.

Some babies have soreness, redness and swelling at the injection site (usually the thigh). Fever and fussiness can also occur. Acetaminophen (Tylenol) usually helps relieve these side effects. A dosage chart is given at the two-month visit with your baby's measurements. Please call us right away if your baby has fever for more than 24 hours, acts "limp" or "lifeless", seems extremely fussy, or has a seizure.

**OFFICE CALLS:** When calling for advice, please have your questions organized with a pencil and paper handy. If the baby is ill, please take the rectal temperature before calling (no need to add to the actual reading). Routine calls should be made during regular weekday office hours. Emergency calls may be placed through the office number whenever we are not in the office.

**APPOINTMENTS:** Preventive care visits (well child check-ups) are an essential part of your baby's health. These visits are opportunities to discuss changes and concerns about diet, sleep, developing skills, safety, and immunization issues. The next few visits at this age will be at 4 months, 6 months, and 9 months. Please read the Appointments page of this website for details on scheduling well and sick visits.

**IMPORTANT PHONE NUMBERS:**

Office (417) 882-1600

After hours (877) 599-8962

Fax (417) 631-0119

Poison Control (800) 392-9111