



Schoolhouse Pediatrics

Name: _____ Date: ____ / ____ / ____

Weight: _____ Length: _____ in. Head Circ.: _____

TWO MONTHS

FORMULA FED BABIES

- Continue with iron fortified formula. There is still no need to start cereals.

BREAST FED BABIES

- Continue breast feeding without supplements of formula or cereal.
- Offer expressed milk via bottle once daily. This is an excellent way for the father to become involved in the feeding and also for the baby to become acclimated to the bottle.
- Continue Vitamin D supplement.

IMMUNIZATIONS

- Your baby has received three shots and one oral vaccine:
 - Pediarix - Diphtheria, Tetanus, Pertussis, Polio and Hepatitis B
 - HIB - Haemophilus Influenza Type B
 - Prevnar - Strep Pneumonia
 - Rotateq - Oral vaccine to protect against rotavirus
- You may give your baby Tylenol (80mg. if 10 lbs. or greater) if your baby becomes irritable or has a fever because of the injections. Repeat the Tylenol at 4 hour intervals if needed. Report any unusual reaction such as fever over 104° or prolonged irritability (more than 3 hours).

SLEEP

- Most infants awaken every three to four hours. Duration of sleep is not necessarily related to the amount of feeding. Your baby does not need to be awakened to feed.

SAFETY (Falls, Choking)

- Use a playpen after three months as an island of safety.
- No pillows or stuffed animals in the crib.
- Don't hold the infant while drinking hot liquid.

Parents: It is time for you to have an evening out!
It is great to be parents, but you must find time for yourselves.



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