

# WELL CHILD VISIT



pediatrics

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## DEVELOPMENT

Daily Activities:

- Crying gradually becomes less frequent
- Displays greater variety of emotions: distress, excitement, delight
- May begin to sleep through the night
- Smiles, gurgles and coos, particularly when talked to
- Shows more distress when an adult leaves
- Quiets down when held or talked to
- Cannot conceive of an object existing if it cannot be sensed

Motor Skills:

- Movements become increasingly smoother
- Lifts chest momentarily when lying on tummy
- Hold head steady when held or seated with support
- Discovers hands and fingers
- Grasps with more control
- May bat at dangling objects with entire body

Vision:

- Focuses better, but still no more than 12 inches
- Follows objects by moving head from side to side
- Prefers brightly colored objects

Hearing:

- Knows the difference between male and female voices
- Knows the difference between angry and friendly voices

## Two (2) Month

Congratulations on making it this far.

Your child will receive the Pediarix, Prevnar, Rotateq, and Hib vaccination.

Child's Name: \_\_\_\_\_

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

## FEEDING

- Your baby still needs only breast milk or infant formula to grow healthy and strong. It is not time to start cereal or baby foods yet. Cereal can be started at 4 to 6 months of age. At this age most babies take about 4 ounces of formula every 3 to 4 hours.
- Always hold you baby during feeding time. This way your baby learns that you are there to meet his/her needs. This is an important and special time.

## SLEEP

Many babies wake up every 3 to 4 hours, while others sleep through the night. Every baby is different. Feeding your baby a lot just before bedtime doesn't have much to do with how long your baby will sleep. Place your baby in the crib when he/she's drowsy but still awake. Ask your doctor or nurse for ideas about ways to keep your baby alert and awake during the day and sound asleep at night.

## NO WORRIES

Each child is unique. It is therefore difficult to describe exactly what should be expected at each stage of a child's development. While certain behaviors and physical milestones tend to occur at certain ages, a wide spectrum of growth and behavior for each is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than as fixed requirements for normal development at specific ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. Keep this in mind as you review these milestones.



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## YOUR NEXT VISIT:

Your baby's next routine visit should be at the age of 4 months. At this time, your child will get the next set of same immunizations.

## SCREENINGS:

### HOW ARE YOU?

- Edinburgh screening for mom.
- SWYC

## SAFETY TIPS

- Never leave your child alone, except in a crib.
- Avoid Suffocation and Choking
  - Use a crib when slats not more than 2 and 3/8 inches apart
  - Place your baby in bed on his/her back
  - Use a mattress that fits the crib snugly
  - Keep plastic bags, balloons, and baby powder out of reach
- Avoid Fires, Burns, and Scalds
  - Never eat, drink, or carry anything hot near the baby or while you are holding the baby
  - Turn your water heater down to 120°F (50°C)
  - Install smoke detectors
  - Keep a fire extinguisher in or near the kitchen
  - Never allow smoke near the baby
- Car Safety
  - Never leave a child alone in a car
  - Use an approved infant car safety seat—follow instructions for proper use
  - Parents should always wear seat belts
- Avoid Falls
  - Never step away when the baby is on a high place
  - Keep the crib sides up

## VACCINATIONS

### Pediarix, Prevnar, Rotateq, and Hib

Please take a few minutes to read the vaccine information sheets. They cover many common questions regarding the immunizations your child will receive today.

One of the most common questions regarding vaccines is fever. There is a small risk of fever with immunizations. Accordingly, we recommend Tylenol.

**Today's Tylenol infant drops dose for your child is \_\_\_\_\_ ml.**