

WELL CHILD VISIT



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Powell, TN

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Two (2) Month

Congratulations on making it this far.

Child's Name: _____

Today's measurements are:

WEIGHT	HEIGHT	HEAD CIR.
%	%	%

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

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 your baby during feeding time. This way your baby learns that you are there to meet his 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'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 age is normal. These guidelines are offered as a way of showing a general progression through the developmental stages rather than 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.

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



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ADDITIONAL INSTRUCTIONS:

SAFETY TIPS

Never leave your child alone, except in a crib.

Avoid Suffocation and Choking

Use a crib with slats not more than 2 and 3/8 inches apart

Place your baby in bed on his back

Use a mattress that fits the crib snugly

Keep plastic bags, balloons, and baby powder out of reach

Avoid Fires, Burns, 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

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 the immunizations. Accordingly, we recommend tylenol.

Today's tylenol infant drops dose for your child is _____ ml.

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 immunizations.

V	S	B	F