



Two Month Preventive Exam

Immunizations

Pentacel (DTaP–Polio–Hib combination), Prevnar13 (Pneumococcal conjugate vaccine), Hepatitis B, Rotavirus. Fever, fussiness, or a sore lump at one of the injection sites may occur for 1 to 2 days after the vaccines. Use acetaminophen as needed. Please call if a more severe reaction occurs. Click [here](#) for our [Medication Dosing Guide](#) to see recommended dosing of acetaminophen.

Development

Your child should now be smiling back when you smile at him. He should also be cooing (making soft “ooh” and “aah” sounds). When lying on his tummy, he should be able to lift his head up and look around. He may even be tracking with his eyes some. Soon, he will be discovering his hands, staring at them, and holding them together. Tummy time is very important so try to lay him on his tummy while awake as much as you can.

By now, you should be getting pretty good at sensing your baby’s cues and tuning in to her needs and various levels of alertness. Try to encourage her to use all of her senses, such as vision, hearing, and touch to explore the world. Mobiles and mirrors are great stimulation. Avoid using the television as “background noise” or as “something for her to look at.” She is better stimulated with human interactions.

Diet

Your child should continue with either breast milk or formula feedings. There still may be some nighttime feedings, though we hope that by 4 months he will be sleeping through the night! Remember to wait until at least 4 to 6 months of age to introduce solid foods. There are several reasons for this. Introducing solids before 4 months of age can lead to obesity later on in life because babies form new fat cells when they start eating solid foods, and once a fat cell is formed, it never goes away! Studies have shown that starting cereal at this age really doesn’t help kids sleep longer at night, anyway. Honey should be avoided until age one, and nursing babies should continue on a vitamin D supplement

CAUTION: KEEP BABY POWDER, HOUSEHOLD CLEANERS, AND SMALL OBJECTS OUT OF YOUR CHILD'S REACH AS ACCIDENTAL INGESTIONS AND ASPIRATIONS MAY OCCUR. KEEP FIREARMS LOCKED UP. AVOID BABY WALKERS. BABIES SHOULD NOT BE EXPOSED TO TOBACCO SMOKE. REMEMBER, KEEP YOUR BABY IN A REAR-FACING CAR SEAT UNTIL 2 YEARS OF AGE. EXAMINE YOUR FLOORS CAREFULLY FOR SMALL OBJECTS THAT MAY BE CHOKING HAZARDS.