



Two Month Preventive Exam

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 and to track past midline. 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 his needs and various levels of alertness. It is important to know that your child cannot be “spoiled” by holding, cuddling, rocking, talking, or singing to him. Try to encourage use of all of his 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 him to look at.” Your baby is better stimulated with human interactions. Between now and the next visit he may begin rolling, so do not leave your baby on high surfaces.

Diet

Your child should continue with either breast milk or formula feedings. There may still be some nighttime feedings as most infants do not sleep through the night at this age. Remember to wait until at least 4 to 6 months of age to introduce solid foods. There are several reasons for waiting until 4 months, including waiting until she is developmentally ready so she does not choke. Early introduction of solids 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 really does not help kids sleep longer at night. Honey should be avoided until age one due to the risk of botulism. Avoid rice products which may have arsenic and juice is not needed at this age. Nursing babies should continue on a vitamin D supplement.

Safety

Keep baby powder, household cleaners, tide pods, E-Cigarettes, and small objects out of reach as accidental ingestions and aspirations may occur. Keep firearms locked away in a safe. Avoid baby walkers and Bumbo sitters. It’s important to keep your car, home, and other places where your baby spends time free of tobacco smoke and E-cigarette vapor. Smoking affects the baby by increasing the risk of asthma, respiratory infections, and sudden death. Your child should be in the back seat in a rear-facing car seat until he has outgrown the limits for height/weight per the manufacturer’s guidelines and is at least 2 years of age.

When asleep, your baby should be on his back, not on his tummy or side. Sleeping on the tummy or side has been proven to be a risk factor for SIDS (sudden infant death syndrome). See the [SIDS page](#) in the parent information section of our website for more information on how to prevent SIDS. Once your baby is rolling he should no longer be swaddled. Do not leave your baby alone on a counter or bed – babies have found ways to wiggle and fall!

Sun exposure should be limited at any age, but a baby's skin can be especially sensitive. When outside, protective clothing should be worn and sunscreen should be applied. Click here for a [sunscreen](#) page in the parent information section of our website for more information.

What to expect at this visit:

Mother should fill out the postpartum depression screen at the visit. Immunizations given include: Pentacel (DTaP–Polio–Hib combination), Prevnar13 (Pneumococcal conjugate vaccine), Hepatitis B, and Rotavirus. Fever, fussiness, drowsiness, decreased appetite, redness, swelling (sometimes in the form of a sore lump) at one of the injection sites may occur for 24 to 48 hours after the vaccines. The lump may persist for weeks following vaccination and will resolve with time. Use acetaminophen as needed and do not use ibuprofen yet at this age. See our [Medication Dosing Guide](#) for recommended dosing. Call if a more severe reaction occurs (Fever of 105, convulsions, collapse, inconsolable for more than 3 hrs). Your child's next well check is in 2 months.

JC 5/7/19; 5/28/19

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