



WHAT HAPPENS AT THE 2 MONTH VISIT?



MY NOTES AND QUESTIONS

Exam

- Record length, weight, and head circumference
- Check soft spots, heart, lungs, eyes, ears, hips, abdomen, navel, genitalia, and sucking reflex
- Assess general development (strength, mobility, and responsiveness)

Milestones

- Coos and vocalizes
- Smiles
- Lifts head 45°
- Some head control
- Follows parents with eyes
- Quiets to voice

Immunizations

- Pentacel (DTaP, HIB, Polio)
- Prevnar 13
- Rotateq (Rotavirus)



GREEN TREE PEDIATRICS

MY 2 MONTH VISIT

(child's name)

Has an Appointment on

(date)



FOCUS ON WELLBEING

**“The days are long,
but the years are short”**



- Take care of yourself! See a physician if you are stressed or otherwise unwell
- Take time for yourself, your partner and your other children
- Let family and friends help you by preparing a dinner, running errands, taking older children for an outing, etc.
- Arrange for childcare and pumping milk while at work, and occasionally offer pumped breast milk in a bottle



STIMULATING HEALTHY DEVELOPMENT

- Give consistent warm physical contact, make eye contact, and hold your baby frequently
- Alternate the position of your baby, the crib, and interesting objects
- Babies cannot be spoiled! Respond when your baby is happy and upset
- Talk or sing to your baby. Respond to your baby’s gestures, faces and sounds
- Read stories to your baby or let your baby play with simple picture books
- Play peek-a-boo and tracking games
- Provide images and objects for your baby to gaze at



SAFETY CHECK



- Use rear-facing car seat in the back seat until at least 24 months and 20 lbs
- Support your baby’s neck at all times
- Put your baby to sleep on his/her back
- Keep crib clear of all toys and soft bedding
- Never leave your baby alone with siblings or pets
- Never leave your baby alone in the tub (water < 120°) or on high places
- Offer “tummy time” by placing your baby on his/her stomach for 5-10 minutes at least 4 times per day