

Princeton Nassau Pediatrics, P. A.

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2 Month Well Visit

What your baby may be doing now:

- Smile in response to your smiles
- Coo and gurgle
- Respond to voices and imitate sounds
- Begin to track objects side to side
- Raise both head and chest when on belly
- Push feet down when held to stand
- Start to grab at toys

Feeding:

- Breastfeed “on demand”- let your baby decide when and how long to nurse- he or she may become more efficient, and take less time to feed now.
- If using formula the goal is between 20-30 ounces daily
- Your baby does not need solid food until 4-6 months of age
- Stools will be more solid

Sleep

- Place baby to sleep on his back (not on side or stomach), on a firm sleep surface.
- Try to put your baby down to sleep while she is drowsy, but still awake. Some babies cry before falling asleep, and 15-20 minutes of fussing is okay.
- An ideal bedtime is before 10pm
- Try to make nighttime feedings brief and boring- lights off, no playtime!
- Do not wake your baby to feed at night unless directed by your pediatrician.

Safety

- Use a rear-facing car seat for every ride
- Never leave your baby unattended on a bed, couch, or changing table
- Protect baby from direct sun exposure

When to call the office:

- If your baby is vomiting, feeding poorly, is having trouble breathing or has a rectal temperature over 100.4°F, or if you have other concerns.
- For routine questions, call us, or check out the [Pediatric Advisor](#) section on our website

Vaccines at this visit:

- [DTaP](#)
- [Polio](#)
- [Hib](#)
- [Prevnar](#)
- [Rotavirus](#)
- [PNP Vaccine policy](#)

Your baby may have a mild fever or fussiness after his vaccines today. You may use Tylenol every 4-6 hrs as needed over the next 2 days using this [dosing chart](#).

Web Resources

- www.aap.org
- www.preventiveoz.org
- [Breast Feeding Support](#)
- [Colic Advice](#)
- [Spitting up in Infants](#)
- [Children’s Hospital of Philadelphia Vaccine Website](#)

