

PEDIATRIC ASSOCIATES OF ORLANDO, P.A.

TWO-MONTH CHECK UP

DATE _____

WEIGHT _____ % HEIGHT _____ % HEAD CIRC _____ %

WELL VISIT IMMUNIZATION SCHEDULE

| 2 Month | 4 Month | 6 Month | 9 Month | 12 Month | 15 Month | 18 – 24 Months | 5 Year | 11+ Years |
|----------------------------|----------------|----------------|---------|----------------------|----------|----------------|----------------------|----------------------|
| DTaP | DTaP | DTaP | | | DTaP | Vaccine Review | DTaP | Tdap (tetanus) |
| IPV | IPV | | IPV | | | | IPV | |
| Prevnar | Prevnar | Prevnar | | | Prevnar | | | |
| Comvax (Hepatitis B & Hib) | Hib | Hib | | | Hib | | | Gardasil (for girls) |
| | | Hepatitis B | | Hepatitis B | MMR | | MMR | Menactra |
| RotaTeq (oral) | RotaTeq (oral) | RotaTeq (oral) | | Chickenpox (Varivax) | | | Chickenpox (Varivax) | |
| | | | | Hepatitis A | | Hepatitis A | | |
| | | Flu (Seasonal) | | | | | | Catch Up Vaccines |

** Please verify your vaccinations with your physician at the time of your visit **

These preventative immunizations can cause your baby to have a fever > 100.4, decreased appetite, act fussy or change in normal sleep pattern. The injection site may be red or slightly swollen, or form a knot. If this occurs gently put a cool cloth over the injection site. Please see accompanying vaccine information sheets. Give your baby Infant's Acetaminophen Suspension (80 mg/0.8 ml) the following dosage:

| | |
|-----------|----------------|
| Weight | Dose |
| 6-11 lbs | ½ dropperful |
| 12-17 lbs | 1 dropperful |
| 18-24 lbs | 1 ½ dropperful |

You may repeat this dose every four hours for Tylenol for fever/fussiness. Notify your physician if your baby has any adverse side effects such as fever greater than 104, seizure activity, or hives.

NUTRITION

Delay giving solid foods until your baby is 4-6 months old. Breast milk or iron fortified formula only. **DO NOT SUPPLEMENT WITH WATER**, unless instructed by your physician. Do not awaken your baby for feeding after midnight unless instructed by your physician. From months 1-4, your baby will continue growing at the same rate established during the first few weeks of life. Each month your baby may gain between 1.5 – 2 pounds, and grow 1 – 1.5 inches. These figures are only averages; your doctor will plot your child on the growth chart and follow the rate of growth on their individual curve. Do not leave your baby in bed with a bottle or prop the bottle in your baby's mouth.

ANTICIPATORY GUIDANCE

Schedule the next appointment for four months of age. Your child will again receive a complete physical exam and the second set of immunizations at that time. Continue to wash your hands often, especially after diapering and before feeding your baby. Many germs and viruses are transmitted by our hands. Balance your time. Allow each parent alone time, time together as a family unit, and arrange babysitting to go out as a couple. Find a responsible babysitter to enable you to have time alone, and time as a couple. Learn your baby's temperament. Talk, hold, sing, read to, cuddle, and rock your baby.

SAFETY

- A. Always use properly installed backward-facing infant car seat while traveling in any car.
- B. Never leave baby unattended on a changing table, couch, bed, or any other surface above the floor, as your baby may roll over and fall.
- C. Place infant on back when putting to sleep. Cover mattress with a soft cotton crib sheet. Avoid soft bedding, all pillows, large floppy toys, and comforters in the crib. Keep crib free of all small objects that your child could swallow or choke on. Don't attach pacifiers, or objects to the crib or body with a cord. Do not place a string or necklace around the baby's neck. Never place crib near window or in reach of cords or mini-blinds.
- D. Never leave baby alone in a bathtub. Bring all bath supplies into the bathroom prior to bath (shampoo, towel, diaper, pajamas). Never use a cordless telephone while bathing infant. Avoid answering the door and phone. If you must step away, carry the baby with you. To avoid severe lung irritation due to breathing in powder, never use talc or baby powder.
- E. Set hot water heater thermostat to lower than 120 degrees Fahrenheit, so hot water cannot scald skin. Before placing your baby in the bath, always test the water temperature with the inside of your wrist or forearm. Install smoke detector, and have fire extinguisher in home. Periodically check for good working order. Rehearse a fire escape plan.
- F. Be careful not to jiggle or shake baby's head too vigorously. Always support baby's head and neck when moving his/her body.
- G. Place infant on back/side to sleep to reduce SIDS. Keep smoke-free zone around your baby. Babies and young children exposed to smoke have more colds and other upper respiratory tract infections, as well as an increased risk of Sudden Infant Death Syndrome (SIDS).
- H. Burns- never hold your baby while drinking a hot liquid, or cooking by a hot stove or oven. Stop smoking if you still smoke, and never allow anyone to smoke around your baby, or hold your baby while smoking.
- I. Choking- Routinely check all toys for sharp edges or small parts that could be pulled or broken off. If you use a crib gym or other suspended toys for the crib, make sure they are fastened securely and tightly so the baby cannot pull them down or entangle themselves

DEVELOPMENT

Most babies are still awakening every 3-4 hours. Sleep patterns are highly variable. The duration of sleep is not related to the amount or kind of feeding. Typically your baby will sleep six to eight hour stretches once reaching approximately 12 – 15 pounds.

If your baby contracts a cold, you may use a bulb syringe, elevate the head of bed and use a cool mist humidifier. Look for your baby to coo and gurgle in response to interaction and to express feelings. Appear content, smile responsively. Enjoy being held. Listen intently to sounds and voices, and have an interest in visual and auditory stimuli. Responds to noise. Play, talk to, and cuddle your baby. Make quivering arm thrusts. Bring hands within range of eyes and mouth. Keep hands in fists. Strong reflex movements. Moves head from side to side while lying on stomach. Lifts head to 45 degrees while prone. Head flops backward if unsupported. Your baby likes to look at objects 8 – 15 inches in front of them. Your baby may be most attentive to black and white or high contrast patterns.

DEVELOPMENTAL HEALTH WATCH

(Notify your physician if your baby does the following:) Doesn't blink consistently when shown a bright light. Rarely moves arms and legs: seems stiff, tight fists, or legs in a scissoring position. Seems excessively loose in the limbs, or floppy. Sucks poorly and feeds slowly. Doesn't respond to loud sounds.

WHEN TO CALL YOUR PEDIATRICIAN

Temperature greater than 101.0 degrees (unless your child received immunizations within the last 2 days and is acting ok otherwise, projectile vomiting, green (bilious) vomiting, seizure, excessive irritability or lethargy. Our telephone nurse is available during office hours for common pediatric questions. The phone triage nurse is available after hours for concerns that cannot wait until morning. Life threatening emergencies, such as difficulty breathing, seizure, and bleeding should be directed to the emergency room or 911.

Resources: www.aap.org, www.brightfutures.org