

Sanford Pediatrics, PA

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2nd WELL CHILD VISIT

6 weeks – 2 months

Suggested Diet:

Breast milk or iron fortified formula is all your baby will need for the first four to six months of life in order to grow and develop. Giving solid foods, juices, or regular cow milk too early can lead to allergies, anemia, and/or overweight babies.

Your baby is probably beginning to follow a more predictable feeding schedule now of 5-6 feedings per day. Amounts of formula taken will vary with each baby but around 28-32 ounces per 24 hours should be enough. Breastfed babies are getting enough calories if they are gaining weight and having about six wet diapers per day.

Water is not necessary since breast milk or formula contains as much water as your baby needs. Do not over feed your baby. Your baby should be allowed to stop eating at the earliest sign that he or she is full. Overfeeding can cause vomiting, diarrhea or excess gas. The contents of a single bottle can be offered twice, if returned to the refrigerator promptly after the baby takes part of it. Leaving un-refrigerated milk out for more than 30 minutes allows for bacterial overgrowth which could make your baby sick. Such milk should be thrown away. Stored breast milk can stay out unused for up to couple hours.

Development:

Baby can or soon will:

- Coo and smile when spoken to or as a social response.
- Regard people and enjoy being held or propped up to view his/her surroundings.
- Hold head more erect when upright.
- Focus eyes and follow objects without eyes crossing.
- Start to grasp objects briefly.

Feeding Problems:

- Spitting up is common. It is a messy nuisance, but is harmless unless the infant is not gaining weight or developing respiratory problems due to spitting up. Call the office if you think your baby is doing too much “spitting up.”

- Do not prop bottle or allow bottles in crib. Look at the infant and talk to him/her while holding and feeding. Laying the infant flat while feeding can increase chance of ear infections and choking.
- Drooling occurs frequently at this age but teeth do not usually erupt until at least 4 months of age. Some children do not get their first tooth until one year of age which is normal.

Sleeping:

Hopefully baby is starting now to establish a sleep schedule. He/She may sleep uninterrupted for up to 12 hours or continue to awaken every 3 to 4 hours. Encourage wakefulness during the daylight hours and avoid any extensive play time during the night.

Remember to place baby on his/her back for sleep or nap. There is an increased risk of SIDS (Sudden Infant Death Syndrome) in infants placed on their sides or stomachs for sleep. Play time when awake on their stomach is important to prevent the back of the head from becoming too flat.

Safety:

- Baby can suddenly roll over so watch for falls off of elevated surfaces.
- The only safe place to leave the infant is in the crib with rails up, in a playpen or on the floor.
- Since baby is capable of grasping small objects, avoid placing near articles which could be dangerous if they put them in their mouth. This includes but is not limited to objects with sharp edges and dolls with hard plastic eyes which can come off.
- ALWAYS use a crash tested infant car seat when taking the baby in the car. The American Academy of Pediatrics recommends they remain rear facing in the back seat until age 2 years.
- Do NOT smoke around this baby as this can lead to increased risk of upper respiratory infections, asthma, allergies, and ear infections.
- Avoid scalding accidents by setting your hot water heater thermostat to 120 degrees. Check bath water temperature before immersing the infant.
- Be careful of helpful (or not so helpful) old siblings who may try to pick up the baby or attempt to feed the infant food or small objects.
- NEVER SHAKE YOUR BABY for any reason! Shaking can rupture tiny fragile blood vessels in the brain and cause death.

Playtime:

When awake, keep baby in the room with you where he/she can enjoy the activity of his/her surroundings. Let him/her listen to music. Talk to him/her and encourage his/her cooing and squealing. Good toys for this age include soft, washable toys which are too large to place in

the mouth. Rattles or bright colored mobiles are good choices as well. Television is not recommended until 2 years of age.

Remember mom and dad need playtime to. Allow an afternoon or evening out for yourselves by leaving baby with a trusted competent sitter.

Bathing:

You can still achieve adequate cleansing without soap but mild baby soap can be safely used at this time. When cleaning a boy infant's penis, remember that if he is not circumcised, do not attempt to retract the foreskin. You will be able to fully retract the foreskin by the time he is about 4-5 years of age but until then just clean the tip of the penis.

For little girls, be sure to wipe from front to back when bathing and cleaning to avoid contamination of the vagina with bacteria from the anal area. Gently spread apart tissue around the vagina to clean stool and secretions. Do not scrub vigorously as this may cause irritation.

Immunizations:

Your child will receive vaccinations today. Please review the information given to you and feel free to ask questions.

Some infants may be a little fussier after vaccines. Extra holding, rocking and soothing will help. Others may have a low grade fever. Ask your pediatrician or nurse for proper Tylenol (acetaminophen) dosing based on your infant's weight. Ibuprofen based products (Advil, Motrin) are not recommended until close to 6 months of age. For a swollen shot site, a warm wet cloth applied several times a day as a compress may help.

When to Call the Doctor:

- If your baby is fretful or irritable for more than 24 hours.
- If your baby's fever (100.5 or higher) lasts longer than 24-48 hours.
- If your baby screams inconsolably for more than 3 hours.
- If your baby is listless and not feeding well.
- If your baby has vomiting or diarrhea.
- If you are worried that your baby is "just not right".

Next Visit:

We would like to see your baby again in 2 months (4 months of age).