



Paulo B. Pinho, MD
Mili Patel, PA-C
225 Millburn Avenue – Suite 303
Millburn, NJ 07041
Office (973) 912-7273
Fax (973) 912-7275

2 MONTH VISIT

Date of Visit: _____

Height: _____

Weight: _____

Head Circumference: _____

DEVELOPMENTAL MILESTONES (obtained from MedlinePlus):

Physical and motor-skill markers:

- Closure of posterior fontanelle (soft spot at the back of the head)
- Several newborn reflexes, such as the dance reflex (baby appears to dance or step when placed upright on solid surface) and grasp reflex (grasping a finger), disappear
- Less head lag
- When on stomach, able to lift head almost 45 degrees
- Less flexing of the arms and legs while on stomach

Sensory and cognitive markers:

- Head turns from side to side with sound at the level of the ear
- Beginning to look at close objects
- Crying becomes differentiated
- Coos
- Vocal response to familiar voices
- Smiles

Play recommendations:

- Toys and objects should be bright colors

- The room should be bright with pictures and mirrors
- Expose the baby to sounds outside those of the home
- Take the baby for rides in the car

VACCINES:

Diphtheria, Tetanus and Acellular Pertussis
 Polio Vaccination
 Prevnar (Pneumococcal Vaccination)
 Hemophilus Influenzae Type B/Hepatitis

DIETARY EXPECTATIONS (obtained from www.kidshealth.org):

During your baby's first 3 months, breast milk or formula will continue to provide all the nutrition needed. But as your infant develops physically and mentally, the feeding process will evolve. In general, your child will move toward consuming more milk during each feeding, so won't need to feed as often and will sleep longer at night. But there will be times during the next year — and, especially, in the first 3 months of life — when a growth spurt increases your baby's appetite. Continue to feed on demand and increase the number of feedings as needed.

BREAST FEEDING:

You can be reassured that your breastfed infant probably is eating enough if he or she:

- ∞ seems alert, content, and active
- ∞ is steadily gaining weight, growing, and developing
- ∞ feeds six to eight times per day
- ∞ is wetting and soiling diapers on a regular basis

Your baby might not be eating enough if he or she doesn't appear satisfied, even after feeding, and cries constantly or is irritable. Call your baby's doctor if notice any of these signs. Remember that after about a month, breastfed babies tend to have fewer bowel movements than they did before. When your child is around 2 months old, he or she may not have a bowel movement after each feeding, or even every day. If your infant still hasn't had a bowel movement after 3 days, call your child's doctor. During periods of rapid growth, you may notice that your

infant wants to feed more frequently. This frequent nursing prompts the mother's body to increase the milk supply, and in a couple of days, supply and demand will get into balance.

BOTTLE FEEDING:

Babies digest formula more slowly, so if you're bottle-feeding your baby, you may have feedings less frequently than someone who is breastfeeding. As your baby grows, he or she will be able to eat more and may allow increasingly more time between feeding. You will also notice that your baby is starting to sleep longer at night. During the second month of life, infants may take about 4 or 5 ounces at each feeding. By the end of 3 months, your baby will probably need an additional ounce at each feeding. These are general guidelines, and your baby may be hungrier more or less often than this. That's why it's important to pay attention to your infant's signals of being hungry or full. A baby who is getting enough might slow down, stop, or turn away from the breast or bottle. One note about formula feeding: It's easier to overfeed when you're using formula because it takes less effort to drink from a bottle than from a breast. You can help avoid overfeeding by making sure that the hole on the bottle's nipple is the right size. The liquid should drip slowly from the hole and not pour out. Also, resist the urge to finish feeding the bottle when your baby shows those signs of being full. Never use a bottle prop — it's a choking hazard. It also can encourage your child to sleep with a bottle in the mouth, which can lead to tooth decay.