



# 2 Month

CHECK UP

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## **NEW WINDSOR PEDIATRICS, PLLC**

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New Windsor, NY 12553      Newburgh, NY 12550  
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OFFICE HOURS: Mon. – Fri. 8:00 a.m. – 8:00 p.m.  
Sat. 8:00 a.m. – 3:00 p.m.      Sun. 8:00 a.m. – 1:00 p.m.

ON CALL 24 HOURS: CALL BEFORE GOING TO ER

## **SAFETY**

1. Always use rear facing car seat while driving.
2. Never leave baby unattended unless in crib or playpen. Babies can fall off of high places even if you think they cannot move.
3. Do not tie pacifier string around baby's neck.
4. Protect baby's skin from sunlight. They can burn easily.
5. Bathe infant in very shallow water and never leave unattended near water.
6. Check smoke detectors. There should be one on every floor.

## **NUTRITION**

Feeding intervals will now be approximately every 3-4 hours during the day and possibly longer during the night. We recommend that the introduction of baby foods be delayed until 4-6 months. Until then all the baby's nutritional needs can easily be met by breast milk or formula.

Some babies will begin to take more milk at each feeding. Do not hesitate to offer the baby a little extra if he or she seems hungry. Babies are very good at knowing when they are full and will stop eating.

## **COMMON PROBLEMS**

**SLEEPING THROUGH THE NIGHT:** Some babies will sleep all night at six weeks or so of age. Here are some tips to ensure you will have a good sleeper:

- Move baby into their own room as soon as you feel comfortable. American Academy of Pediatrics recommends at 6 months of age. A hungry baby will cry loud enough to wake you.
- Begin to teach baby to fall asleep on their own by laying them down awake but sleepy.

## **TODAY'S IMMUNIZATIONS**

DTaP, HIB, Polio, Rotovirus & Pneumococcal

Less than 20% of babies will feel effect from shots. Can give Tylenol if fever. Call if fever is greater than 102, excessive crying or unusual behavior.

**NEXT VISIT:** Please return for next check up when baby is 4 MONTHS. Scheduled vaccines are second set of today's vaccines.