



## Pediatric Partners, L.L.C.

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# THE TWO MONTH CHECK-UP

Return in Two Months

**Y**our baby is now becoming more alert and aware of both you and the environment. Your child will watch your face intently and begin to follow moving objects. She may give you a bright smile and start to coo and chuckle, and may even have a little "conversation" with you. Your infant can hold her head up a little when lying stomach down, and soon will be holding objects and bringing them up to the mouth. You will also notice more kicking of legs and waving of arms, which can make diaper changes a little more challenging.

Most babies will begin to sleep most of the night around this age. It is important to place your baby in the crib while awake to learn how to fall asleep on her own. This will help to avoid bedtime struggles in the future.

## FEEDING

The only source of nourishment needed at this time is breast milk or formula. Solids should not be started until 4-6 months because of possible allergic reactions when exposed too soon. Water and juice are also not needed at this time, because they lack the calories needed for proper growth and brain development. Most breast-fed babies will still be eating every two to three hours, but each feeding will probably be shorter because your baby is more effective at draining the breast. Formula fed infants will take about 32 ounces a day, divided into 5-6 feedings.

## GENERAL CARE

Most of the routine care you will use in the next few months is very similar to what you are doing now. Remember, if your baby is not eating well, has persistent vomiting or diarrhea, breathing problems, or a rectal temperature of 100.4 or higher give the office a call. Also do not hesitate to call if your baby "just does not seem right". If you have not done this already, you may soon be taking your child to day care or a baby-sitter. It is important to look at several places to find out which is the best for your child.

### Check-up Snapshot

WT \_\_\_\_\_ %  
 HT \_\_\_\_\_ %  
 H.C. \_\_\_\_\_ %

### Immunizations

DTaP \_\_\_\_\_ HepB \_\_\_\_\_  
 Hib \_\_\_\_\_ MMR \_\_\_\_\_  
 Polio \_\_\_\_\_ Vaivax \_\_\_\_\_  
 Date \_\_\_\_\_ M.D. \_\_\_\_\_

This type of environment does lead to an increased number of illnesses in children. It is important to remember that children in the first few years of life get frequent infections, especially upper respiratory infections and colds. A vast majority of these are from a **viral** source and do not need **antibiotics**. We will give antibiotics only if they are needed and will very rarely give them over the phone, if at all.

## PREVENTION/SAFETY

- Your car seat continues to be your most essential piece of safety equipment. Make sure it is used at all times and is used properly.
- Infants at this age still need to sleep on the back or side to decrease the chance for SIDS. Continue to rotate the head position during sleep to prevent flattening on one side.
- **NEVER SHAKE YOUR BABY!** This can lead to severe, permanent damage, or even death. If you feel you are getting angry with your baby, please take the time to cool down, or seek help from family, friends or our office.
- Never place a baby in a car seat on a surface above the floor or leave a baby unattended on a surface above the floor. This will prevent unnecessary falls. We also discourage the use of walkers, as they can lead to falls down stairs, or even just tip-over onto your child. There are new devices which allow the child to turn and move, but the whole device does not move. We recommend these over the old walkers.
- No one should hold a baby when they are smoking, cooking, or drinking a hot liquid. Before putting your baby into bath water, test the water to make sure it is not too hot. Never heat up breast milk or formula in the microwave. This can lead to uneven heating and can potentially cause burns.
- Keep small objects away from your baby and routinely check toys for loose parts and sharp edges. Make sure suspended, overhead toys are securely fastened to prevent removal and possible entanglement.

## OTHER INFORMATION

CPR courses are available in Fremont for parents by  
Calling 402-354-6551 for registration.

For more information contact Barb Anderson at  
The Fremont Area Medical Center.

Her number is 402-727-3356.

## BOOK SUGESTIONS

- The American Academy of Pediatrics "Caring For  
Your Baby And Young Child-Birth to Age 5" by  
Steven P. Shelov, M.D. and Robert E. Hannemann,  
M.D.
- "Your Child's Health" by Barton D. Schmitt, M.D.