



FAMILY MEDICAL CENTER

One Professional Plaza
Rexburg, ID 83440
208.356.9231
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Name: _____

Date: _____

Weight: _____ Length: _____

Well Care At 2 Months

HEALTH ISSUES

- Breastfeed or use an iron fortified formula.
- Do not put bottle in bed with baby or prop the bottle in baby's mouth.
- Do not give baby honey.
- Do not feed your baby solid foods until 4-6 months.
- Know how to use a thermometer to take a rectal temperature.
- Do not over-bundle baby - a simple rule is to add one layer (like a blanket) for baby to whatever seems comfortable for you (if a T-shirt is comfortable for you, have baby wear a T-shirt PLUS one layer).
- Avoid direct sun exposure. If necessary, use a sunblock - SPF 15-30.
- Use a vitamin supplement (Vitamins A,D,E,K) recommended by your pediatrician if you are exclusively breastfeeding.

SAFETY ISSUES

- Continue safe car seat use. Read instructions for proper installation.
- Ensure that the crib you use is safe and relatively new. Space between slat should be no more than 2 3/8 inches.
- Do not place fluffy pillows, blankets or stuffed animals in with baby.
- Place baby on his or her BACK for sleeping.
- Always keep a hand on your baby when lying on a changing table, bed or sofa.
- Turn the hot water heater in your home down so the hottest water you can get from the faucet is 120 degrees.
- Install or test your smoke detector in or near your baby's room.
- Childproof your home (poisons, medicines, guns, plastic bags, sharp objects, cords, outlets, cigarettes, hot liquids, latches on cabinets).
- Purchase a bottle of Activated Charcoal to have on hand in case of ingestion of a poison.

YOUR BABY SHOULD...

- Respond to sounds by startling or blinking.
- Look at your face and follows with eyes.
- Turn to the sound of your voice.
- Be interacting with you, socializing more.
- Be lifting his or her head momentarily.
- Be sleeping up to 3-4 hours at a time between feedings.
- Be able to stay awake for one or more hours.
- Have bowel movements at least once every 3 days if formula fed, once every week if breast fed.

YOU SHOULD...

- Hold, cuddle and rock baby.
- Talk and sing regularly to baby.
- Start reading books to baby - it's never too early!
- Get your naps during the day when baby is resting.
- Encourage your spouse to assist in caring for baby.
- Develop a bedtime routine.
- Spend time alone with your spouse - one of the best things you can do for your baby is to maintain a quality relationship with your spouse.
- Spend time alone with your baby's sibling(s) to make them know they remain special.

For Fever: (> 101°)

Acetaminophen

15 mg/kg or ½
dropperful every 6
hours as needed
or

Ibuprofen (not Aspirin)

10 mg/kg or ½
tsp every 6 hours
as needed

For Congestion:

Saline nose drops,
suction with bulb
syringe

Important Numbers

Poison Control
1-800-222-1222

Call us if your child:

- Has a fever that persists for more than 48 hours
- Has trouble breathing
- Is vomiting for more than 24 hours
- Is excessively sleepy or lethargic
- Has persistent abdominal pain
- Has bloody stool or urine