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2 month

Date: _____ Age: _____

Name: _____ Ht: _____ Wt: _____

Two month old can:

- Sleeps at 5 hour stretch
- Lift head up
- Smiles, «coo», watches
- Enjoys one or more play periods a day
- Gassy stage- peak crying at 4-6 weeks- may use gas drops

Stimulation:

- Watch self in mirror
- Tummy time- 20 minutes/day
- Talk to baby
- Read, sing, dance
- No tv until 2 years old

Medications:

- Tylenol syrup, 1.25 milliliter every four hours (if rectal temperature is greater than 100.4 F)
- For nasal congestion- Normal saline nose drops and bulb suction

Safety:

- Car seat- rear facing until the age of 2
- Never leave child unattended in car or bath
- Sleep on back
- Can roll off fat surfaces
- Can turn over in infant carrier
- Water temperature should be below 120 degrees Farenheight

Vaccines:

- Most infants have no after effects with vaccines, some may have- more irritability or fussiness.
- Redness or swelling at the site of the shot, use ice and massage;
- Contact your doctor if your child's symptoms are severe or last longer than 48 hours.

Suggested Reading:

- The Baby Sleep Solution* by Suzy Giordano
- What to Expect in the First Year* by Heidi Murkoff

Resources:

- www.healthychildren.org (American Academy of Pediatrics)

Return: 4 months of age



How to keep you family Healthy, Happy and Growing!!

We are proud to introduce and offer to all of our patients a convenient and secure way to access your child's personal health records through patient portal. Access your child's medical data from any computer; tablet or smartphone is easier than ever!



- Check your email for an invitation from Follow my health (may be in Spam folder)
- Create an Account
- Register as a proxy: someone with authority to represent someone else (your child)
- Your **INVITE CODE** is the year of birth of your oldest child (younger than 18) Watch the first time walk-through video or check out the video tutorial www.richesondrivepediatrics.com
- At the top right corner of your portal page, you'll see a drop down arrow next to HELLO, Name.
- Click the name of your child to see their account.
- Growth charts are in the pie icon on the right
- Medications, allergies, weights and last visit are all available
- CONTACT US at staceyw1022@gmail.com or 385.7776

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