Two Months

DATE _____

HT. _____

WT. _____

SHOTS TODAY
- Pediarix (DTaP/IPV/Hep B)
- Hib
- Prevnar
- Rotavirus (oral)

You may see a reaction in the first
24 hours from the shots, fever/fussiness.

Tylenol infant drops (80 mg/0.8 ml), given
every 4 hours may help.
Dose__droppers/_____ml.

THINGS YOU MIGHT SEE TODAY
- Fussy periods, especially evenings
- Facial rashes/Infant acne

ACCIDENT PREVENTION
- Always use a car seat
- Never leave the baby unattended
  on beds, tables, couches, bathtub.
- Check water temperature < 120°

ILLNESS PREVENTION
- Limit exposure to daycare if possible
- Avoid sick people
- Use Kleenex, not hankies
- Don't smoke (around baby, too)
- Wash your hands often

THINGS TO EXPECT
- Less fussy, more laughs/smiles
- Rolling over (front to back 1st)
- BELLY TIME—lots of it.

Feeding

Six feedings per 24 hours – about four ounces per feeding, is average. We will discuss "solid" food, like cereal at the four-month checkup. Some babies eat cereal before four months, and that is not recommended by the official people, but they don't live at your house.

Development *(baby's needs > your needs > baby's wants)*

Shuttle Bus/Delivery Truck	Taxi	
BABY	▫ Shower	Which do you want? Habits are habits. Habits are hard to break. Good habits are just as hard to break as bad habits.
▫ Shower		
▫ Dress	▫ Dress	
▫ Eat		
BABY	▫ Eat	
▫ Empty dishwasher		
▫ Do laundry	▫ Laundry	
▫ Fold laundry		
BABY	▫ Store	

Sleep

Babies can (and should) sleep all night without eating at this age. Put the baby in his / her bed in his / her room in whatever position he / she prefers to sleep at 8:00 p.m., after a routine of feeding, bath, book, cuddle, etc. then, to bed awake. Don't look at the baby again until 6:00 a.m. Takes two nights. If the baby cries and you go in the room, you're history. If you don't want to do this or don't think you can do this, that's fine. I won't be mad at you. But if you argue with me about it – too many have done it successfully.

Remember, what starts as an effort to keep the peace ends up in irresponsible submission to a deified baby.