



BAYSIDE MEDICAL GROUP, INC.

Well Child Notes

Name: _____

Date: _____

Height: _____ Percentile: _____

Weight: _____ Percentile: _____

Head Cir: _____ Percentile: _____

Acetaminophen (Tylenol) dose:

_____ ml every 4 hrs.

TODAY YOUR CHILD RECEIVED: (if checked)

- DTaP (Diphtheria Tetanus and Acellular Pertussis Vaccine)
- Hib (Haemophilus Influenza B Vaccine)
- IPV (Inactivated Polio Vaccine)
- Prevnar (Pneumococcal Vaccine)

NEXT VISIT: _____

NOTES: _____

TWO MONTH WELL BABY EXAM



Nutrition

On average, although this is variable, a baby this age takes about 5 ounces for every 2 pounds each day. We recommend that you not prop up the bottle while feeding, and wait until 4 to 6 months of age before introducing solid food.



Development

At this age babies' eyes may still wander and cross. They respond to sounds, and if you imitate a baby's sounds, the baby will sometimes imitate right back. They can hold their heads up to 45° when on their bellies. They smile, look at toys, and follow from side to side. Crying may indicate hunger, need for a diaper change, need to be held, feeling tired, or feeling sick.



Play and Toys

Usually a baby likes to be rocked and cuddled. You can talk or sing or play music, but it's generally best to do it softly. Tummy time can be fun and help with development. Mirrors and mobiles add interest.



Safety

- Babies should sleep on their backs, face up.
- Crib slats should be no more than 2 3/8 inches apart.
- Switch from infant seat to rear-facing car seat, at least until the baby is one year old and 20 pounds. That's the law!
- Maintain a smoke free environment.
- Don't heat a bottle in the microwave because uneven heating may lead to scalding the baby's mouth.
- Keep the baby out of the sun. Hats are good, and so is sunblock on the face and hands, if you can't avoid it altogether.



When to Call Bayside

- Fever accompanied by decreased feeding, decreased urination or bowel movements.
- Always take baby's temperature with a thermometer and not your hand.
- Irritable and inconsolable.
- Cough, especially coughs strong enough to cause vomiting.



Recommended Books

- Your Child's Health* by Barton Schmitt.
- What to Expect the First Year* by Eisenberg, Murkoff, and Hathaway.
- The American Academy of Pediatrics Guide to Your Child's Nutrition* by William H. Dietz and Loraine Stern.
- Sleeping Through the Night* by Jodi Mindell.
- Infants and Mothers* by T. Berry Brazelton.
- Taking Care of your Child* by Pantell, Fries, and Vickery.
- The Birth of a Father*, by Martin Greenberg.