



## **Well care education-2-month-old**

- **DEVELOPMENT:**
  - Your baby should be lifting his head during tummy time, following past midline, smiling responsively and vocalizing. Please continue tummy time four times per day for at least 5-15 minutes each time.
  
- **EMERGENCIES:**
  - Please call us if baby is experiencing breathing difficulty, projectile or green vomit, white/black/red stools, is very lethargic/fussy or is having less than 4 wet diapers per day.
  - A word on fever: Fever is defined as temperature of **100.4F** (or higher) taken rectally. Fever by itself is NOT dangerous. However, because of your baby's age please call us to decide. Please refer to this website for guidance: <https://www.chop.edu/conditions-diseases/fever-children>
  - If your child is lethargic, irritable, or does not respond well to a single dose of Tylenol, please call. Also, if your child has a fever >4 days, please call us.
  
- **VACCINES and POST VACCINATION CARE:**
  - Today your child will receive his/her first set of vaccines. The most common reaction is a low-grade fever typically up to 101F within 48 hours of the vaccines. Your child will also likely sleep more than usual today, act fussy, and may have some swelling at the injection sites. Please read the additional handouts for more information about vaccines and vaccine safety, as well as **TYLENOL** dosing (which is also available on our website). Tylenol is the only appropriate fever medication for this age.
  
- **SLEEP:**
  - Most babies sleep about 14-16 hours per day with 9-10 hours occurring as nighttime sleep. He/she is likely sleeping for 6-hour stretches at night without feeds. Place in an empty crib or bassinet without any pillows, blankets, or stuffed animals. Swaddling is appropriate until your baby begins rolling over, once they begin showing signs of rolling, transition out of swaddle/sleep sacks.
  
- **SKIN CARE:**
  - Your baby is too young to wear sunscreen. Please keep him/her shaded when outdoors. Avoid harsh soaps/detergents with fragrance.
  
- **CAR RESTRAINTS:**
  - Your baby's car seat should remain in the backseat facing the rear of your vehicle until he/she is 40lbs, however, may remain rear facing as long as tolerated/is within car seat parameters.
  - **NEVER leave a child in the car alone. One way to ensure you do not forget your child is to always place your purse or phone in the backseat next to his/her car seat.**

- **SAFETY:**
  - The risk of falls from a high surface is real. Please always keep your hand on your baby when he/she is on a high surface such as a bed, couch, changing table. Avoid putting your child to sleep anywhere other than a crib, bassinet, or playpen.
  - Please do not aggressively shake your baby, even if it seems to calm him/her down, as this can cause severe and permanent brain damage.
  
- **NUTRITION:**
  - Your baby should be breastfeeding every 2-4 hours, or drinking 4-6 oz of formula every 3-4 hours during the day. The total amount should be 5-6 feeds per day. They can also be feed 2 times during the night if they are still giving hunger cues.
  
- **USEFUL WEBSITES:**
  - [Healthychildren.org](http://Healthychildren.org)
  - [Chop.edu/primary-care/well-child-visits-what-expect](http://Chop.edu/primary-care/well-child-visits-what-expect)