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Infant, Child and Adolescent Medicine

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2 MONTHS

Immunizations: #1 Rotavirus, Prevnar (Pneumococcus), Pentacel (Diphtheria, Tetanus, & Pertussis, Haemophilus influenza B, Polio)

Side effects may include - fussy, sleepy, fever (<102) x 2 days, injection site reaction of redness, bump and tenderness. Ok to give Tylenol (no Ibuprofen until 6 months) for discomfort or fever.

Development:

Motor: Hold their head up when on their stomach. Discovers hands and fingers. Opening their hands and grabbing onto something. Some babies start to roll and reach for objects by 4 months.

Communication: Making sounds other than just crying. Smiling.

Vision/Hearing: Track with their eyes, watching you move and looking at a toy.

Have simple routines each day for bathing, feeding, sleeping and playing to help babies know what to expect. They will be sleeping less, and more interested in their environment. Talk, sing and read to your baby. They like to hear your voice. Cuddle with them a lot. Continue to practice tummy time. A great place for this is on a table when monitored where you can look at them at eye level. Let them touch many different textures. Help your baby learn to soothe.

Feeding:

- Still no water, juice, or solids for your baby. Do not put cereal in your baby's bottle.
- **Breast feeding:**
 - It is wonderful that you have been able to provide this for your baby; it is recommended to continue for 6-12 months if you are able to. After 12 months most babies can drink regular cows milk.
- **Formula feeding:**
 - Average volumes of 3-6 oz every 3-4 hrs = 18-32 oz/day.
 - Monitor for cues when finished. Some babies just like to suck and it should be avoided to soothe always with feeding if requesting more than that.

Common Concerns:

Sleep

- Babies often begin to sleep through the night (5-6 hours or more of uninterrupted sleep is considered sleeping throughout the night for an infant). This is more likely to be achieved if the baby is of good healthy weight, closer to 15 lbs.

Diaper Rash

- The urine in your baby's diaper can be very irritating to the skin and sometimes can cause diaper rash and skin erosion.



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- Treatment: Wipe skin clean with warm wet washcloth, water wipes, or with water in a sink. Allow skin to dry well, using a blow dryer can help. If it is possible, do not go down to skin level every time cleaning and just remove soiled residue from the top of the diaper cream layer. Then apply a thick layer of zinc based produce like Triple Paste, Desitin, or Boudreaux Butt Paste. Change diapers often.

Fever

- Temperature ≥ 100.4 means your child has a fever. A fever is a response by the immune system in reaction to something, usually illness in a child. It is ok to give tylenol, their dose is based on weight. No ibuprofen until 6 months old. Keep them hydrated with breast milk or formula. If not drinking milk normally, ok to supplement with pedialyte and give us a call.

Safety:

- Do not leave a baby unattended in water or an elevated surface where they could fall. If you need to step away, it is best to have a baby in their crib or bassinette.
- Choose toys that are too large to swallow, too tough to break, and that have no sharp edges or points. Most toys are marked for age appropriateness.
- Is your baby riding in their car seat correctly? Free inspection locations: <https://www.nhtsa.gov/equipment/car-seats-and-booster-seats#installation-help-inspection>
- Please continue safe sleep practices. When babies are rolling, their arms should no longer be swaddled in a sleepsack.

Additional resources provided on our website www.kjkidmd.com and facebook page @KidDocs.Armann.Chase