



Reasons to go to ER in first 3 months: Rectal Temperature >100.4 F; Green, Blood or Projectile Vomiting; Difficulty Breathing; No Urination in 3-4 hours; Frustration that may lead to harm your child

Bright Futures Parent Handout 2 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

PARENTAL WELL-BEING

How You Are Feeling

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Find ways to spend time alone with your partner.
- Keep in touch with family and friends.
- Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby's hand.
- Spend special time with each child reading, talking, or doing things together.

INFANT BEHAVIOR

Your Growing Baby

- Have simple routines each day for bathing, feeding, sleeping, and playing.
- Put your baby to sleep on her back.
 - In your room.
 - Not in your bed.
 - In a crib, with slats less than 2³/₈ inches apart.
 - With the crib's drop side always up.
 - Give your baby a pacifier.
 - Put your baby to sleep drowsy.
- Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust between you and your baby.
- Tummy time—put your baby on her tummy when awake and you are there to watch.
- Learn what things your baby does and does not like.
- Notice what helps to calm your baby such as a pacifier, fingers or thumb, or stroking, talking, rocking, or going for walks.

- All Breastfed infants should be on Vitamin D.
- Use saline rinse for congestion and colds.
- Start brushing gums with wash cloth twice daily.

SAFETY

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles. (until 2 years of age)
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep your car and home smoke free.
- Keep plastic bags, balloons, and other small objects, especially small toys from other children, away from your baby.
- Your baby can roll over, so keep a hand on your baby when dressing or changing him.
- Set the hot water heater so the temperature at the faucet is at or below 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

INFANT-FAMILY SYNCHRONY

Your Baby and Family

- Start planning for when you may go back to work or school.
- Find clean, safe, and loving child care for your baby.
- Ask us for help to find things your family needs, including child care.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

NUTRITIONAL ADEQUACY

Feeding Your Baby

- Feed only breast milk or iron-fortified formula in the first 4–6 months.
- Avoid feeding your baby solid foods, juice, and water until about 6 months.
- Feed your baby when your baby is hungry.

- Recommended immunizations-
Pediarix, hib, pcv, rotavirus
- Most common side effects:
Fever- within 1-3 days, self resolves
Soreness/ Redness- use warm compress

NUTRITIONAL ADEQUACY

- Feed your baby when you see signs of hunger.
 - Putting hand to mouth
 - Sucking, rooting, and fussing
- End feeding when you see signs your baby is full.
 - Turning away
 - Closing the mouth
 - Relaxed arms and hands
- Burp your baby during natural feeding breaks.

If Breastfeeding

- Feed your baby 8 or more times each day.
- Plan for pumping and storing breast milk. Let us know if you need help.

If Formula Feeding

- Feed your baby 6–8 times each day.
- Make sure to prepare, heat, and store the formula safely. If you need help, ask us.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

What to Expect at Your Baby's 4 Month Visit

We will talk about

- Your baby and family
- Feeding your baby
- Sleep and crib safety
- Calming your baby
- Playtime with your baby
- Caring for your baby and yourself
- Keeping your home safe for your baby
- Healthy teeth

Next WELL- 4 month visit (immunizations)

Poison Help: 1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; seatcheck.org

NO TV until 2 years of age!!

Appointment Line and After Hours Provider:

410-293-2273

Sign up for Relay Health to e-mail communicate with your provider at

www.RELAYHEALTH.com

Review your labs on TRICAREONLINE.COM



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Illustration by
Billy Nuñez, age 16

PARENTING YOUR INFANT

PARENTING AN INFANT COMES WITH BIG REWARDS AND CHALLENGES

All infants:

- Love to explore the world around them, so you have to make your home safe.
- Have their own personalities, which may be different from their parents'.
- Put new and stressful demands on parents, so parents may need to ask for help.
- Need routines that match their unique abilities, and parents may need to adjust their schedules to fit this new individual.

Your baby is now smiling and cooing and will soon start to move around more. These are signs of your baby's personality and the start of a lifelong learning process.

INFANTS DO TALK

When infants begin to babble, they like the people around them to talk back. Have fun talking with your baby.

- Make silly noises.
- Play peek-a-boo games.
- Sing songs.
- Show and talk about simple picture books.

This is the way your baby learns how to talk.

Enjoy playing and talking
with your baby
and watching your baby
learn about the world!

INFANTS LOVE TO EXPLORE

You may have noticed that your baby is becoming interested in everything within reach, especially simple toys with bright colors and ones that make noise. It seems that whatever infants grab, it finds its way into their mouths.

By age 3 or 4 months, infants are drooling and chewing on the things they put into their mouths. This is how they learn about the world around them.

Make sure that you never give infants a toy so small that it fits entirely in their mouths or a toy with parts that can break off easily. This can lead to choking!

INFANTS HAVE PERSONALITIES

Even very tiny infants act in very individual ways. Some are loud and active, others are quiet and passive. Some are easygoing and cuddly, others are very serious. Some are relaxed, others are more high-strung. As a parent, you already know your baby's unique personality.

Think about this personality when you are caring for your baby.

- If your baby is naturally fussy and has difficulty calming down, avoid too much stimulation.
- If your baby is sensitive to changes in routines, make sure that your days are not too busy or filled with lots of changes.



If your baby's personality is different from yours, remember that what makes your baby comfortable and happy may not feel right for you.

INDEPENDENCE IS STARTING

As infants get older, they:

- Begin to roll over.
- Reach for toys, spoons, and other objects.
- Want to sit up.

This is the beginning of independence, but babies do not know what might put them in danger. Keeping your baby in a safe place, such as in a crib or in a playpen, will prevent falls, burns, poisoning, choking, and other injuries. Childproofing your home can also help keep your baby safe.

SOME COMMON PROBLEMS

Most infants will go through the following difficulties, which can be very frustrating for parents, but they will soon outgrow them.

- **Colic.** This is not caused by anything you have done. This usually goes away at about age 4 to 5 months.
- **Trouble sleeping.** Some infants will have trouble either falling asleep or waking up often during the night.
- **Clinging to parents.** When infants don't see certain people (even close friends and grandparents) very often, they may become afraid of them.

Even though these problems will go away, it can be very upsetting while they are occurring. Talk with your pediatrician about ideas that will work for you and your baby until these problems go away.

Babies are not trying to be a pain or difficult on purpose; they are just exploring and trying to talk with you in the only way they know!

Never yell at, hit, or shake your baby!

INFANTS THRIVE IN HAPPY FAMILIES

Just like adults, infants do best with happy and healthy people around them. Look for parent/baby groups, support groups, or organizations in your community where parents with common interests can meet and get to know each other.

If things are not going well in your family, if you need help finding groups in your neighborhood, or if you are worried about your baby, talk with your pediatrician. You are not alone; many other parents have these same concerns.

STARTING NEW ROUTINES

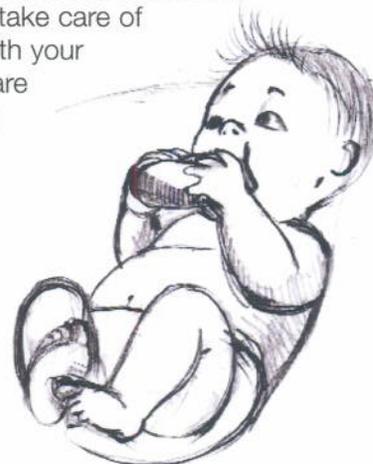
Now that you are beginning to know your baby's patterns, your family, like many others, may be starting new routines. Here are some tips to help you.

Taking care of yourself is important.

Even though infants usually are lovable, most parents have moments of frustration, and even anger, with their baby. Feeling this way is common and normal. What is important is how you deal with these feelings. When this happens to you, place your baby in a safe place like a crib or playpen and do something to relax and calm down—have a cup of tea or coffee, listen to music, call a friend or spouse, read, or meditate. These feelings of stress are natural and will pass.

Reach out to family and friends, or make new friends with other parents.

Having other adults to share the experience of raising a child can make all the difference in the world. If you are at home with your baby every day, it is a good idea to leave your baby with another trusted adult once in a while. Use this time to take care of yourself or be with your partner. Babies are delightful, but all parents need a break!



Let your baby learn about being with other people early on.

Besides helping you out, having other adults in your baby's life will teach your baby how to relate with others. As infants get a little older, they begin to cry and feel restless when left with another adult. Developing a relationship with an adult other than you early on will help your baby have less of this discomfort later on.

If you need child care, find a setting where the same 1 or 2 adults will be caring for your baby every day.

Find a place that is safe and nurturing, where the adults really enjoy being with infants. Your pediatrician can help you think about what to look for in child care.



Connected Kids are Safe, Strong, and Secure

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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Acetaminophen (Tylenol, Store Brand) Dosing Information

****Give every 4-6 hours, as needed, no more than 5 times in 24 hours****

Weight of Child	Infant Drops Old Concentration 80mg/0.8ml	Infant Oral Suspension: New Concentration 160mg/5ml	Children's Elixir 160mg/5ml	Children's Tablets 80mg =1 tablet	Junior Strength 160 mg = 1 tablet
6-11 lbs (2.7-5 kg)	0.4 ml	1 ml	1 ml		
12-17 lbs (5.5-7.7 kg)	0.8 ml	2.5ml	2.5 ml	1 tablet	
18-23 lbs (8.2-10.5 kg)	1.2 ml	3.75ml	3.75 ml	1 ½ tablets	
24-35 lbs (10.9-5.9 kg)	1.6 ml (2 droppers)	5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	2.4 ml (2.5 droppers)		7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)			10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)			12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)			15 ml	6 tablets	3 tablets

Ibuprofen (Motrin, Advil, Store Brand) Dosing Information

****Give every 8 hours, as needed, no more than 4 times in 24 hours****

****NOT ADVISED FOR PATIENTS UNDER 6 MONTHS OF AGE ****

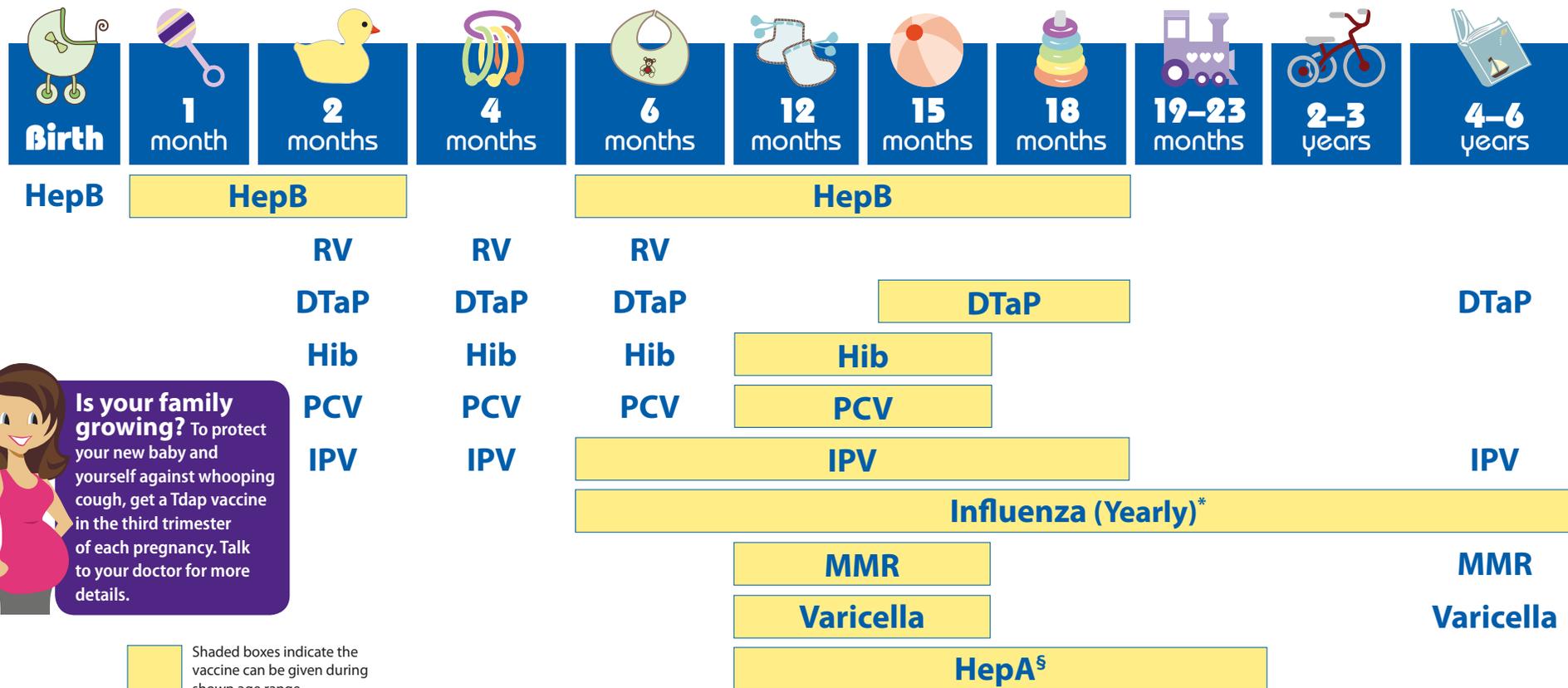
Weight of Child	Infant Drops 50mg/1.25ml	Children's Elixir 100mg/5ml	Children's Tablets 50mg/1 tablet	Junior Strength 100mg/1 tablet
Under 11 lbs (5kg)	*NOT ADVISED			
12-17lbs (5.5-7.7kg)	1.25 ml	2.5 ml		
18-23lbs (8.2-10.5kg)	1.875 ml	3.75 ml	1 tablet	
24-35 lbs (10.9-15.9 kg)	2.5 ml	5 ml	2 tablets	
36-47 lbs (16.4-21.4 kg)	-	7.5 ml	3 tablets	
48-59 lbs (21.8-26.8 kg)	-	10 ml	4 tablets	2 tablets
60-71 lbs (27.3-32.3 kg)	-	12.5 ml	5 tablets	2 ½ tablets
72-95 lbs (32.7-43.2 kg)	-	15 ml	6 tablets	3 tablets

Diphenhydramine (Benadryl, Generic, Store Brand) Dosing Information

****Give every 6 hours as needed, no more than 4 times in 24 hours****

Weight of Child	Liquid 12.5mg/5ml	Chewable 12.5mg/tablet	Capsule 25mg/capsule
13.2-15.3 lbs	3 ml	-	-
15.4-17-5 lbs	3.5 ml	-	-
17.6-19 lbs	4 ml	-	-
20-24 lbs	3.75 ml	-	-
25-37 lbs	5 ml	1 tablet	-
38-49 lbs	7.5 ml	1 ½ tablets	-
50-99 lbs	10 ml	2 tablets	1 capsule
100+ lbs	-	4 tablets	2 capsules

2014 Recommended Immunizations for Children from Birth Through 6 Years Old



Is your family growing? To protect your new baby and yourself against whooping cough, get a Tdap vaccine in the third trimester of each pregnancy. Talk to your doctor for more details.

Shaded boxes indicate the vaccine can be given during shown age range.

NOTE: If your child misses a shot, you don't need to start over, just go back to your child's doctor for the next shot. Talk with your child's doctor if you have questions about vaccines.

FOOTNOTES: * Two doses given at least four weeks apart are recommended for children aged 6 months through 8 years of age who are getting a flu vaccine for the first time and for some other children in this age group.
 § Two doses of HepA vaccine are needed for lasting protection. The first dose of HepA vaccine should be given between 12 months and 23 months of age. The second dose should be given 6 to 18 months later. HepA vaccination may be given to any child 12 months and older to protect against HepA. Children and adolescents who did not receive the HepA vaccine and are at high-risk, should be vaccinated against HepA.

If your child has any medical conditions that put him at risk for infection or is traveling outside the United States, talk to your child's doctor about additional vaccines that he may need.

SEE BACK PAGE FOR MORE INFORMATION ON VACCINE-PREVENTABLE DISEASES AND THE VACCINES THAT PREVENT THEM.

For more information, call toll free **1-800-CDC-INFO** (1-800-232-4636) or visit <http://www.cdc.gov/vaccines>



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