

2 Month Visit



Londonderry Pediatrics

25 Buttrick Road, Bldg. E  
Londonderry, NH  
437 1003



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If your daycare provider requires an updated “physical exam form” please detach or photocopy this portion of the pamphlet.

Name: \_\_\_\_\_

DOB: \_\_\_\_\_ Date: \_\_\_\_\_

Height: \_\_\_\_\_ Percentile: \_\_\_\_\_

Weight: \_\_\_\_\_ Percentile: \_\_\_\_\_

Head: \_\_\_\_\_ Percentile: \_\_\_\_\_

General Exam:  Normal  
Findings: \_\_\_\_\_

Development:  Normal  
Findings: \_\_\_\_\_

Immunizations:  Up to date (see attached if needed)

Infant has been found to be healthy

Special needs for this infant included:  
\_\_\_\_\_  
\_\_\_\_\_

Next scheduled visit at 4 months of age.  
\_\_\_\_\_

Dr. Desena; Gruchot; Houston; Peterson; Hadjuk

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## **Breast Feeding**

The typical breast fed infant will nurse 6-8 times a day. All your baby needs for optimal nutrition is your breast milk and a Vitamin D supplement.

## **Formula Feeding**

Formula fed infants generally take 2-3 ounces every **2-4 hours** for a total of 24 ounces a day. Use an iron fortified formula, not low iron formula.

## **Foods to Avoid**

Two month old infants should not get solid foods, such as infant cereal. Infants less than 12 months old should not be fed dairy products or honey products.

## **Sleep**

Generally 2 month old babies sleep 12-14 hours a day. They should be placed on their backs to sleep, even for naps. At two months of age many infants are ready to sleep in their own cribs. You may be able to start a nighttime routine. Do not put your baby to bed with a bottle. Avoid putting pillows and blankets in your baby’s crib.

## **Stooling**

There is a wide range for “normal” stooling. Where some infants may stool after every feeding, others may stool every 2-3 days. The stool should be yellow in color and soft.

## **Safety**

Use a rear facing car seat. Assure hot water at the tap is less than 120F. Use smoke detectors and avoid second hand smoke. Keep hot beverages, cigarettes, small objects and plastic bags away from your infant.

## **Activities**

Your baby will enjoy interacting with you at a “face to face” level. “Belly time” is encouraged as is cuddle time. Talk, sing and read to your baby