

**PARKSIDE PEDIATRICS, S.C.**  
PATRICIA COTSIRILOS STEC, M.D.  
FRANK ROEMISCH, M.D.

Parkside Medical Center  
at Lutheran General Hospital  
1875 Dempster Street, Suite 650  
Park Ridge, Illinois 60068

Hours: Mon. and Tues. 9-5  
Thurs. 12-8  
Fri. and Sat. 9-1  
Phone: 847/823-8000

Name \_\_\_\_\_ Date \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Head \_\_\_\_\_

**TWO MONTH OLD INSTRUCTIONS**

**FEEDING:**

Both breast and bottle fed infants should be taking 5 to 6 feedings per day. If you are giving your child only formula, Similac ProAdvance should be used.

Do not use raw honey or corn syrup products (eg. Karo® syrup) on the pacifiers. These products are not recommended until your child is at least 24 months old due to the small but real risk of botulism.

**WATER:**

Extra water is not necessary at this age. If water is used for an occasional small supplement or for formula preparation, the best option is filtered tap water. Ideally, the filter removes at minimum lead and chlorine with a refrigerator filter or a faucet mounted filter such as those from Brita or PUR being appropriate options. Carry liquids in hard plastic, aluminum, or stainless steel containers – glass containers are acceptable if they can be used safely in light of potential breakage – avoid cheap plastic bottles.

**VITAMINS:**

If your breast-fed child is supplemented with less than 16 ounces of formula per day, Poly-Vi-Sol with Iron (an over the counter vitamin), should be given at a dose of 1.0 ml (one dropper) per day. Formula only fed children need no additional vitamins.

**SLEEP:**

Some children are sleeping 8 to 8½ hours at night without waking for a feeding. However, it is normal if your child is still awakening in the middle of the night for feedings. The average child is still taking 3 naps a day of 2 to 2½ hours each.

## **DEVELOPMENT:**

Over the next month, your child will begin to lift its chin off the table for increasing lengths of time and will continue to develop better head control. At this age, children will frequently turn their head to the side of a sound. When you talk to your child you will notice responsive smiling and cooing. Objects will be able to be followed for increasing distances from side to side. By 3 months, many children will be able to hold a light rattle placed in their hand for a minute or two. Eye color may be noted to change and tends to stabilize by 6 months of age. Babies frequently begin drooling and chewing on the hands at this age. This infrequently is secondary to teething and more often is due to the increased activity of the salivary glands and an inborn reflex to chew. Your child should be spending at least four half-hour sessions per day on their belly while awake to facilitate motor development.

## **SAFETY:**

Never leave your baby unattended in the house, on any surface from which they might fall, or the tub, even for a moment.

Sleeping with your infant is strongly discouraged secondary to the significant risk of injury and increased probability of SIDS.

If your child is still in a bassinet, they should be transferred to a crib. Avoid excess items in the crib, including no bumper pads, and keep the mattress as low as possible.

The phone number of the Illinois Poison Control Center downtown is 800-222-1222. This number should be readily available at all times, including in your cell phone, along with the number for the nearest emergency room and our office.

Maintain working Smoke and Carbon Monoxide Detectors - change the batteries yearly and replace the unit upon expiration.

Make sure all medications and cleaners are LOCKED Up and not just put up high.

Your child's car seat should stay in a rear facing position until at least 2 years of age. The shoulder straps should come out of the slot at or just below the level of your child's shoulders.

We recommend that you and your spouse get out together without your child at least one time per month. Use reliable sitters who are at least 13 years old. Write out all important information, phone numbers, and instructions.

## **SEASONAL RECOMMENDATIONS:**

A good quality insect repellent should be applied to exposed areas when there is a possibility of insect bites. Under 1 year of age, we recommend Cutter Advance due to its low risk of toxicity. If this is ineffective, use mosquito netting over the stroller or bring your child indoors rather than applying a stronger repellent. Be careful to avoid the eyes, mouth and hands.

Under 8 months it is recommended that you keep your infant out of direct sunlight as much as possible. If your infant will be exposed to the sun, a sun block should be applied to any unprotected areas taking care to avoid the eyes, mouth and hands. Use a very water resistant SPF 30 or higher infants sun block such as PreSun for Kids or Water Babies. These need to be reapplied every 2-3 hours.