

RENAISSANCE PEDIATRICS, P.C.

2 Month Well Child Check

Development

Is able to console and comfort self
(brings hands to midline and mouth)

Smiles & Coos

Begins to demonstrate differentiated
types of crying (hunger, discomfort,
fatigue)

Cannot be spoiled

Baby alert for longer periods of time

Provide tummy time with supervision

Talking and reading to your baby
encourages language

RENAISSANCE PROVIDERS

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It is important to remember that each child is unique. Certain attitudes, behaviors and physical milestones tend to occur at certain ages. It is perfectly natural for a child to attain some milestones earlier and other milestones later than the general trend. If you have any questions about your child's pattern of development please feel free to ask us!

- It is important to take time for yourself and your partner
- Provide special time with your other children, one on one
- Putting your baby in her crib either awake or drowsy, not in a deep sleep, will help her make the transition from being awake to asleep in the crib
- Putting babies to sleep awake/drowsy will avoid problems with night waking later on because, when she wakes up, she will be in a familiar

Safety

- Keep your baby in a rear-facing car safety seat until age 2
 - Avoid drinking hot liquids when holding your baby
- Never leave your baby in the bathtub or on high surfaces alone
 - Make your home and vehicle smoke free zones
- “Back to sleep” is safest for babies, always put your baby down to sleep on his/her back, not tummy or side
- Blanket, pillows, pillow-like bumper pads and soft toys are dangerous and are associated with higher risk of SIDS (Sudden Infant Death Syndrome)
- Keep all choking & strangulation hazards out of reach, these include: bracelets, toys with loops, string, and cords



Parents Points of Interest

Daycare

Take time to search for a licensed child care center. Ask questions and spend time at the center.

Sunscreen

As much as possible, keep your baby out of the sun. For babies younger than 6 months, sunscreen may be used on small areas of the body, such as the face and backs of hands, if adequate clothing and shade are not available.

Car seat Safety

Child Safety Seat Inspection Station Locator:

www.seatcheck.org

866-SEATCHECK

Poison Control Number

1-800-222-1222

Breastfeeding Babies

Even if only partially breast-feed, all nursing babies should receive vitamin supplement containing 400 IU of vitamin D.

Feeding & Nutrition

- Do not offer your baby food other than breast milk or formula until he/she is developmentally ready (around 4-6 months)
- Healthy babies do not require extra water. Juice is not recommended in the first 6 months of life
 - Babies at this age continue to feed every 2-4 hours
 - Make sure to burp your baby after feedings
 - Do not prop the bottle, this puts your baby at risk for choking, ear infections, and early childhood cavities