

# Advanced Pediatrics

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## 2 MONTH OLD VISIT

### GENERAL ISSUES

#### 1) **Call Immediately for Lethargy or for Fever of 100<sup>4</sup> Rectal Temp**

This may indicate a serious infection.

The following techniques should be used to help prevent infections:

- Wash your hands frequently, especially after coming in from outside and before handling your baby.
- Limit exposure to crowded places for the next month.
- Limit who touches the baby. Ensure they wash their hands prior to contact.
- Do not allow people to hold the baby if they have a cold or cold sores.

To treat fever and pain from the immunizations, use 40 mg infant Tylenol (0.4 ml) every four hours for 24 hours. Do not give more than 6 doses. Otherwise, do not give Tylenol until your baby is 3 months old.

#### 2) **Vitamin D Supplementation**

Breast fed infants should receive 400 iu of vitamin D daily.

### SAFETY ISSUES

#### 1) **Back to Sleep**

The following will help prevent Sudden Infant Death Syndrome (SIDS).

- Keep your infant on his or her back during sleep.
- Do not put stuffed animals or blankets near the face.
- Do not overdress your newborn.
- Do not smoke cigarettes in the house or near your baby.

You may give "Tummy Time" when you and your baby are awake.

#### 2) **Do Not Sleep With Your Baby**

Sharing your bed with your infant may facilitate breastfeeding and help the baby sleep better. **However, this practice leads to increased death from suffocation.**

#### 3) **Never Leave Your Baby Unattended**

To prevent severe head injuries, never leave an infant on a table, bed or sofa without keeping a hand on them, even for a second. Infants can easily fall off of surfaces onto the floor.

#### 4) **Never Shake Your Baby**

Infants' brains are very sensitive to shaking. Even a brief shake can cause **brain damage.** If you feel you are getting frustrated with your baby's crying, call a friend or relative immediately to relieve you.

#### 5) **Infant Car Seat**

The car seat must be installed **backwards** until one year of age and 20 pounds.

### Feeding Issues

#### 1) **Breast Milk or Formula only**

Infants less than four months old lack the coordination to eat with a spoon and can choke on baby food. **NO Honey** until 1 year old to prevent infant botulism.