



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
Graham T. Hall, MD, FAAP: (210) 826-7033
Joshua C. Tardy, MD, MBA, FAAP: (210) 824-7938

Dr. Hall's 2 month Well Baby Check-up

Weight: ___ lbs ___ oz (___%)
Height: _____ in (___%)
Head: _____ in (___%)

Thank you for choosing us as your child's Primary Care Provider. We look forward to serving you and your baby. Below you will find some helpful information.

IMMUNIZATIONS

Your baby will get 4 vaccines today:

- (1) Pediarix#1 (Diphtheria, Tetanus, acellular Pertussis, HepB and inactivated Polio - IPV)
- (2) Prevnar-13 #1 (Pneumococcal)
- (3) Hib (Haemophilus Influenza B)
- (4) Rotavirus #1 (oral)

DEVELOPMENTAL MILESTONES



- Smile and vocalize with vowel sounds
- Focus on objects and follow things a little past midline
- Lift head and chest off table when on tummy
- Focuses on your face
- Move arms and legs well and equally

NUTRITION



Breast milk or iron fortified formula is the only food your baby will need for the first 4-6 months. Introducing other items too early can lead to allergies, anemia and being overweight. Contrary to popular belief, solid foods do not make a baby sleep through the night. There is no reason that your baby needs any additional water or juices at this age.

Now your baby is probably beginning to follow a more predictable feeding schedule of 5-6 feedings per day. Breast fed babies may be feeding a little more frequently. The amount of breast milk or formula babies take varies, but around 28-32 ounces each 24 hours should be enough. Breast fed babies are getting enough if they are gaining weight and wetting diapers at least six times a day. An infant should be allowed to stop feeding at the earliest sign that he or she may be getting full. A bottle does not need to be finished at every feeding.



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
Graham T. Hall, MD, FAAP: (210) 826-7033
Joshua C. Tardy, MD, MBA, FAAP: (210) 824-7938

Spitting up is still very common at this age. It is a messy nuisance, but it usually decreases by 6-8 months and is not a medical problem as long as the baby is growing and gaining weight well. Don't prop bottles or allow bottles in bed. You should hold and talk to your baby during feedings. Never put anything in the bottles except for formula.

If you will be returning to work and have been breastfeeding, we encourage you to make an appointment with a lactation nurse (575-0261) to discuss this transition and offer support. There is a program that supplies breast pumps, either rental or money towards purchase.

SLEEPING

Your baby is now starting to establish a schedule and may sleep soundly for up to 12 hours or continue to wake every 3-4 hours. At night time feedings, discourage playfulness and excessive talking. Put your baby back to bed as soon as possible. It is preferable at this age to have baby sleep in a separate bed and room, if possible. Establishing a good nighttime ritual including placing the child in the crib when drowsy (not fully asleep) and reading to your infant will promote great lifelong habits.

PLAYTIME

Keep the baby, when awake, in the room with you to enjoy the surroundings. Let your baby listen to the radio. Encourage babbling and cooing. We encourage "tummy time" during wakeful times, even for the little ones who fuss when placed on their tummies. This promotes head and upper body strength and control. Moms and Dads need playtime too! Allow an afternoon or evening out for yourselves by leaving your baby with a trusted, competent sitter.

BATHING



Your baby may enjoy bathing now with splashing, cooing and playing in the water. Be sure to pay close attention to the baby's genitals. For uncircumcised boys, retract the foreskin gently enough to cleanse the tip of the glans. If the foreskin is unyielding, do not force it to retract. For little girls, be sure to wipe from front to back when cleaning. Gently spread the outer labia to cleanse stool and secretions and prevent adhesions. You may apply moisturizing creams to the infant's skin which will be very helpful if your infant has a tendency to have dry skin. There is no need to bathe your infant every day; every other day is adequate.



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
Graham T. Hall, MD, FAAP: (210) 826-7033
Joshua C. Tardy, MD, MBA, FAAP: (210) 824-7938

SAFETY

Accidents kill more infants in the first year of life than any other cause. Keep your baby safe by following a few recommendations.

(1) Sudden Infant Death Syndrome (SIDS)

- Have baby sleep on back.
- Use firm crib mattress.
- No blankets, pillows or stuffed animals in crib.
- Keep environmental temperature comfortable.
- No smoking around infant.

(2) Car Safety

- Use an approved infant car seat while traveling.
- The infant should be placed in the back seat with the car seat rear-facing until your child is 2 years of age.
- Never hold your infant in your lap while traveling in an automobile.
- Have your car seat installation inspected by trained personnel.

(3) Choking

- Baby is learning to grasp objects; good toys include soft, washable ones without removable parts or sharp objects that could cause choking.

(4) Falls

- Do not leave unattended on bed, sofa or changing table. Baby may be starting to roll.
- If using an infant carrier, always make sure infant is securely fastened in

(5) Illness

- Avoid ill contacts, encourage good hand washing.
- NO medications unless instructed by Provider except: With immunizations, your infant may have a fever and you may give Tylenol as directed by the Doctor.



7959 Broadway, Suites 600 & 604
San Antonio, Texas 78209
www.HeritagePediatrics.com
Fax (210) 805-9523

John T. Fitch, Jr., MD, FAAP: (210) 826-1891
Graham T. Hall, MD, FAAP: (210) 826-7033
Joshua C. Tardy, MD, MBA, FAAP: (210) 824-7938

IMPORTANT CONTACT INFORMATION

Dr. Hall's clinic: 826-7033

Monday - Friday 8:30-5:00*

Sat. 8-12 - sick visits only

VACCINE ONLY HOURS:

9-11am and 2-4pm M-F

*Office closed for lunch from
12:30-1:30

*After Hours: When you call our offices after normal hours, you will get the option of speaking to a nurse.

WE RECOMMEND USING:

- ✓ Methodist Children's Hospital
(7700 Floyd Curl Drive - Medical Center) for emergency room needs. Contact (210) 575-7000.

- ✓ For urgent after hours care:
Night Light Pediatrics @ 19272 Stone Oak Pkwy - contact (210)545-7581
open evenings until 11:00 pm (10pm summer)