

Bloomfield Pediatric Care

www.bloomfieldpediatriccare.com

43205 Woodward Avenue Bloomfield Hills, MI 48302

2 Month Well Visit

Growth & Development Milestones

- ✓ Shows greater variety of emotions: distress, excitement, delight
- ✓ Sleeps for longer periods during the night
- ✓ Smiles, gurgles and coos
- ✓ Shows more distress when an adult leaves
- ✓ Quiets down when held or talked to
- ✓ Does not think things exist if they cannot be seen, touched, or tasted
- ✓ Focuses better, but still no more than 12 inches
- ✓ Follows objects by moving head from side to side
- ✓ Prefers things that are brightly colored
- ✓ Lifts chest for a short time when lying on tummy
- ✓ Holds head steady when held with support
- ✓ Discovers hands & fingers, grasps more controlled

Personal Health & Wellness

- ✓ Breast/formula recommended until age 1
- ✓ Baby needs 15-20 ounces of breast milk or formula daily for bone growth (4-5 oz every 3-4 hours)
- ✓ Always hold your baby during feedings
- ✓ Pumped breast milk can be given by bottle occasionally to give baby another way to drink and others to enjoy bonding
- ✓ **NO** juices
- ✓ **Avoid using bottle as pacifier, only use bottle when hungry**
- ✓ Clean teeth/gums twice a day with soft cloth
- ✓ Never put baby to bed with a bottle
- ✓ Read daily, sing & be active!
- ✓ No toys or blankets in the crib

Fire Safety & Burns – Water Safety

- ✓ Test smoke detectors 2x/year
- ✓ Install CO alarm near sleeping areas
- ✓ Keep matches and lighters out of reach
- ✓ Have fire escape plan and PRACTICE!
- ✓ Water heater should be set at 120 degrees or less
- ✓ Watch for burn risks: stoves, space heaters, irons, fireplace
- ✓ Always supervise around open water/bathtubs
- ✓ Never eat, drink or carry anything hot when carrying baby

Home & Personal Safety

- ✓ Safety latches on cabinets and doors is important, assess with survey on your knees
- ✓ Keep cords, strings, hanging mobiles away
- ✓ Children require a **tobacco free** environment
- ✓ Keep baby out of the direct sun
- ✓ **Properly fitted & installed, rear-facing car seat!**
- ✓ **Poison Control number available to all caregivers**
- ✓ **Never leave your baby alone in car or high places**

For more information on normal growth and development:

<http://www.bloomfieldpediatriccare.com/normal-development/normal-development-2-months-old/>



Helpful resources:

Symptom Checker, Immunization Schedule, Medication Dosing and Nutrition

<http://www.bloomfieldpediatriccare.com/pediatric-health-topics/>



Office Hours:

Monday – Friday 9:00 am to 5:00 pm
Saturday (Sept – May) 9:00 am to 12:00pm

Phone Number (248) 451-0600

Answering Service (248) 858-6888

Fax Machine (248) 451-0700

Poison Control (800) 222-1222

Child Safety Seat Inspection:

1-866-SEATCHECK; www.seatcheck.org

Beaumont Pediatric After Hours Clinic

Royal Oak Troy

(248) 551-0222

(248) 964-2888