

## **Your Growing child: Two to Three Months**

### **Immunization;**

One of the best ways to insure continued good health for your child is through a program of regular immunizations. Many contagious diseases have now been controlled by immunizations. We routinely immunize children at the time of their regular checkups, as follows.

- Birth HEP B#1
- 1 month HEP B#2
- 2months DaPT #1, IPV #1, HIB #1, prevnar #1, Rota #
- 4months DaPT#2, IPV#2, HIB#2, Prevnar #2, Rota #2
- 6months DaPT#3, HIB#3, Prevnar # 3, HEP B#3, Rota #3
- 12months MMR#1, Prevnar # 4, HEP A #1
- 15months DaPT#4, IPV#3, HIB#4
- 18months Varivax #1, HEP A#2
- 4-6 years MMR#2, DaPT#5, IPV#4, Varivax #2
- 11 years Menactra, Tdap, HPV ( 3 shots )

It is important for you to keep a record of all immunization given. This information will be of value to you in the cards of your child in the future. Bring your immunization record with you for each visit so we can record the immunization given.

The DPT injection may cause fever, irritability, fussiness, less of appetite and soreness around the injection site. You may give acetaminophen (Tylenol, Tempra) to treat this.

### **Safety**

The baby is much more active now and may move about or even roll over. Never leave baby unattended on a bed, sofa, or table where she/he may roll

off. Make sure toys are large enough so they cannot be swallowed. Be sure no buttons, beads or eyes can be pulled off a toy or that there are no nails, pins, etc., holding the toy together. Toys with a long string or chain should not be in the bed with baby. These may become tangled around the neck and cut off breathing. It is good to keep baby's bed away from pulling cords or curtains or shades to prevent accidents. Always keep plastic, such as cleaner bags, away from baby's reach. Never put anything in a baby bottle or baby food jar that cannot be eaten. Someone might feed it to the baby **DO NOT FORGET APPROVED CAR SEAT**. Check batteries in smoke alarms.

### **Playthings**

At two months your baby may enjoy a colorful mobile hung on his/her crib. Soft music from the radio, record player or musical toy may be enjoyed. Rattles, which can be held easily, are good for baby to play with. You needn't buy expensive toys. Many household items make excellent playthings.

### **Characteristics of the two and three month old:**

#### **Physical**

- Can lift head/chest slightly above bed when lying on tummy
- Holds/shakes rattle for a brief time
- Follows a moving object with eyes
- Sucks a lot; may suck fingers and thumb
- Reaches for objects

#### **Social**

- May smile in response to another person
- Enjoys having people around
- Seems to notice mother & father
- The first smile is exciting moment. Encourage smiles by talking to your baby frequently

#### **Language**

May make babbling or cooing noises.  
Sound of cry varies with the reason; can identify the cry of hunger from a cry of pain or need for attending.

#### **Feeding**

Nursing or formula alone until 4 months old. Continue as in two-week visit.