

DUNWOODY PEDIATRICS

INFANT CARE FROM 2 TO 4 MONTHS

Date: _____

Weight: _____ Percentile: _____ Head Circumference: _____ Percentile: _____

Height: _____ Percentile: _____

Immunizations received today: Dtap _____ polio _____ MMR _____ Prevnar _____
Hepatitis A _____ Hepatitis B _____ Hib _____ Varicella _____

FEEDINGS

Either breast milk or iron fortified formula is the best source for nutrition. Introducing solids or homogenized milk too early has been associated with food allergies and anemia. Infant feeding should be either on demand or in intervals of approximately every 3 hours. Most bottle fed infants at this age are taking 22-32 ounces a day. Spitting up is common in most infants especially with burping. As long as your baby is gaining weight, it is typically not a medical problem. Never prop a bottle during feedings.

SLEEPING

Infants this age will start having a more predictable sleeping pattern with some wakeful times in the morning, late afternoon, or evening. 50 % of 12 week old infants are sleeping 6 hours at night while the others are still waking every 3 hours to feed. Place him/her in their crib when drowsy but still awake and it will help them become comfortable with putting themselves to sleep. Typically, about 20 minutes of restlessness will put them off to sleep. During nighttime feedings put your infant back to sleep as soon as possible.

ELIMINATION

Their stool pattern will become more predictable and regular, with a minimum of 1 every other day up to 10 a day.

CRYING

The average baby cries several hours a day. Always respond to a crying baby. Some babies at this age may be fussy, sometimes accompanied with passage of gas. Continue using your comfort measures such as feeding, holding, rocking or car rides. At times nothing works, but be patient, they improve by 3-4 months of age.

DEVELOPMENT/PLAY

Your baby can or soon will be able to smile, make cooing sounds, focus their eyes, and briefly follow objects. You may begin to distinguish their different cries for different needs. Interact with them when awake, responding to their coos. Encourage independent play with hand rattles, mobiles, and tummy time.

SAFETY

You should be using an approved car seat that faces rear in the backseat until they are 1 year of age and 20 lbs. As your baby learns to roll, **never** leave them unattended on

changing tables, beds or sofas. Be cautious of objects the infant will grasp and place in his/her mouth. Turn you water heater down to 120°F and avoid drinking hot liquids near your infant. Monitor well-intended older siblings as they handle the infant.

FEVER MANAGEMENT

For any rectal temperature over 100.4°F please notify our office.

Your infant’s next visit should be at 4 months of age.

Additional Resources for Parents

Caring For Your Baby and Young Child: Birth to Age 5 (4th ed.), AAP (2004)

Touchpoints, T. Brazelton (1992)

Contact numbers:

Poison Control Center 404.616.9000

Hospital Emergency Room

Children’s at Scottish Rite 404.250.2007

Children’s Healthcare of Atlanta . . . 404.250.KIDS

Dunwoody Village 770.394.2358

Kids Village in Alpharetta 770.664.9299

Consider taking an infant CPR class, offered by most area hospitals.

3/23/05 – 10/31/05