

2 Month Visit



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Diet:

babies are taking 20-30 ounces of milk at this age. The Breast feeding babies should be on Vit D and omega acids as discussed previously. We will discuss starting solids next visit.

Development:

babies at this age should be fixing and following with their eyes, smiling responsively (smiling back at you) and making gooing and cooing sounds. In the next couple of months they start to reach and grab, so now is a good time to have them spend time on a mat with an overhead mobile or hanging gym that they can look at and grab. The muscles at the back of the neck will strengthen before the ones at the front, so babies usually are able to lift their heads up when they are lying on their tummy before 3 months but cannot lift well when on their back till over 3 months. Usually by 4 months they have enough head control that they can sit in a chair, and spend some time in a bumbo chair or exersaucer, but must be supervised at all times.

Exam:

On examination we look for similar problems as last visit, rashes etc. We also check for heart murmurs that can develop in the first 3 months. We look at head shape, hip symmetry, and various other issues that can be a problem.

Teething starts now. The first tooth may not be visible till over a year of age, but 'teething' symptoms start with drooling, biting, crankiness at this age. Teething gels (eg anbesol, camilia etc) don't work. A firm teething ring is best. Do not freeze the rings as we do see frost bite on occasion from this. Don't use the fruit-filled teethingers as they cause more rashes.

Vaccines:

We start vaccines usually at this age. The first vaccines are pediactal (diphtheria, polio, pertussis, tetanus and Hib), and prevnar both done by injection in the legs. We also give the oral rotavirus vaccine (rotarix). Babies can get fever a few hours later and can have a sore leg. Tylenol, temptra or advil can be given for pain and fever. Usually only one or two doses is needed. Fever for 24 hours or so is acceptable, but if the fever lasts much longer, be suspicious that there is something else causing it. A small lump in the leg where the vaccine was given is normal and can last several weeks.