

BOULEVARD CENTER PEDIATRICS

Shailesh Gohel, MD, FAAP Phone: (703) 670-0300 www.boulevardcenterpediatrics.com

2 Months Visit

Today's Date: _____

Next Visit: @ 4 Months of Age

Your Child's Weight: _____ lbs Weight% _____ Your Child's Height: _____ in. Height %: _____ HC _____ %

Immunizations Recommended: ___ DTaP (Diphtheria/Tetanus/Pertussis) ___ IPV (Polio) ___ HepB (Hepatitis B)
___ Hib (Hemophilus Influenza B) ___ Prevnar 13 (Pneumococcal Conjugate 13) ___ Rotavirus (for diarrhea)

Vaccine Information Sheets: Please read a hard copy from the binder in the patient room or
Online at: <https://www.cdc.gov/vaccines/hcp/vis/current-vis.html>

Possible Vaccine Side Effects Include: Fever, Redness or Swelling at Injection Site, Loose Stools

If your baby develops fever, excessive fussiness or irritability, please call us at (703) 670-0300 to discuss or seek medical attention as these can also be signs of serious illness in infants.

You can treat fever with Acetaminophen syrup (160mg/5ml.) Today, your Acetaminophen/Tylenol dose is: _____ ml.

Referred To: _____

Referrals: Inova Speciality Center 703-970-2600; CNMC 888-884-2327; Eye: Dr. Parelhoff 703-670-4700 ; Early Intervention 703-792-7879
Woodbridge Health Department: 4001 Prince William Pkwy, Suite 101 703-792-7300 Cranial Technologies 844-447-5894

How You Are Feeling:

- Taking care of yourself gives you the energy to care for your baby. Remember to go for your postpartum checkup.
- Find ways to spend time alone with your partner.
- Keep in touch with family and friends.
- Give small but safe ways for your other children to help with the baby, such as bringing things you need or holding the baby's hand.
- Spend special time with each child reading, talking or doing things together.

Your Growing Baby

- Have simple routines each day for bathing, feeding, sleeping and playing.
- Put your baby to sleep on his or her back
 - In a crib, in your room, not in your bed.
 - In a crib that meets current safety standards, with no drop-side rail and slats no more than $2\frac{3}{4}$ inches apart. Find more information on the Consumer Product Safety Commission Web Site at www.cpsc.gov.
 - If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
 - Keep soft objects and loose bedding such as comforters, pillows, bumper pads and toys out of the crib.
 - Give your baby a pacifier if they want it.
- Hold, talk, cuddle, read, sing and play often with your baby. This helps build trust between you and your baby.
- Tummy Time – Put your baby on his tummy when awake and you are there to watch.

- Learn what things your baby does and does not like.
- Notice what helps to calm your baby such as pacifier, fingers or thumb or stroking, talking, rocking or going for walks.

Safety

- The car seat should be rear-facing in the back seat in all vehicles.
- Your baby should never be in seat with a passenger air bag.
- Always wear your seat belt and never drive after using alcohol or drugs.
- Keep your car and home smoke-free.
- Keep plastic bags, balloons and other small objects, especially small toys from other children, away from baby
- Your baby can roll over, so keep a hand on your baby when dressing or changing him.
- Set the water heater so the temperature at the faucet is at or below 120°F.
- Never leave your baby alone in bathwater, even in a bath seat or ring.

Your Baby and Family

- Start planning for when you may go back to work or school.
- Find clean, safe and loving child care for your baby.
- Know that it is normal to feel sad leaving your baby or upset about your baby going to child care.

Feeding Your Baby

- Feed only breast milk or iron-fortified formula, no water, in the first 4 months.
- Avoid feeding your baby solid foods, juice and water until about 6 months.
- Feed when your baby shows signs of hunger (Puts hand to mouth, Sucks or roots, Fussing)
- End feeding when you see signs your baby is full (Turns away, Closes mouth, Relaxes arms & hands)
- Burp your baby during natural feeding breaks.
- Many babies spit up when they feed. If your baby spits up often, keep his or

her head raised for at least 30 mins. after feeding. Spitting up small amounts is harmless as long as your baby is gaining weight and not in pain.

- If your baby only drinks breast milk or drinks less than 32 ounces of formula every day, they should take 400 international units (IU) of Vitamin D daily. You can get this over the counter (D Vi-Sol or Tri-Vi-Sol, 1ml daily.)
- Do not prop bottles in your baby's mouth. Do not add cereal to your baby's bottles. Do not give your baby honey.

If Breastfeeding

- Feed your baby 8 or more times each day.
- Plan for pumping and storing breast milk.

If Formula Feeding

- Feed your baby 6-8 times each day.
- Make sure to prepare, heat and store the formula safely.
- Hold your baby so you can look at each other.
- Do not prop the bottle.

WHEN TO CALL YOUR DOCTOR'S OFFICE:

Call our office at (703) 670-0300 if he or she: Has a rectal temperature of 100.4°F or higher, Cries a lot more than normal or can't be comforted, Has any illness or medical condition

Call 911 or go to the nearest ER for medical emergencies (trouble breathing with or without bluish discoloration of lips/face, high/persistent fever, excessive vomiting or diarrhea and dehydration, seizure, limp or lethargy, apnea, altered mental status, un-consolable crying, motor vehicle accident and injury.

Poison Help: 800-222-1222

Child Safety Seat Inspection: 866-Seatcheck or seatcheck.org