



**2-4MO**  
**PEDIATRIC**  
**CARE ADVISOR**

**Well Child Care**  
**2-4 Months**



**F A C E Y**  
**PATIENT EDUCATION**

Use this Care Advisor guide created by Facey pediatricians for tips on managing your child's nutrition, safety and more.



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# Nutrition

Your baby should continue to take breast milk or formula with iron. The American Academy of Pediatrics (AAP) recommends that solids be started between four and six months of age.

If you exclusively breast feed, you can feed your baby with pumped breast milk in a bottle. If you choose to do so, other people can enjoy feeding your baby including dad! Here are some helpful breast milk tips:

- Human milk will separate when left to stand. This does not mean it is spoiled; just shake to restore the milk to a normal consistency. Color and odor can vary according to diet.
- Wash your hands thoroughly prior to pumping.
- Milk should be stored in small quantities (2-4 oz) in a tightly closed glass or plastic container. Freezer milk bags are available for storing human milk.
- Milk to be used within five days of expression should be refrigerated (32-39° F) rather than frozen as this will better preserve the immunity factors. Milk can be frozen for longer storage.
- The amount of time that milk can be used after being pumped depends on where it is stored. Milk can be refrigerated (32-39°) for five days, kept in the freezer for 3 to 4 months, kept in a separate deep freeze at constant 0° F for six months. Label all containers with the date.
- Thaw or heat milk under warm running water or in a bottle warmer; do not bring the milk to a boil; do not use a microwave oven; shake before testing the temperature. Milk can be thawed in the refrigerator which takes about 12 hours.
- Milk that has been frozen and thawed can be refrigerated for up to 24 hours. It should not be refrozen.

If you are breastfeeding, the AAP recommends that you give your infant an over-the-counter vitamin, such as Poly-vi-sol, Tri-Vi-Sol or D-vi-sol once daily.

# Development & Behavior

Your baby can lift their head a little, and by 4 months they can hold their head up. Your baby will coo and smile in response to you. Your baby will also be able to follow you around the room by 4 months of age.

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## Bowel & Bladder

Bowel movements can be as infrequent as once a week but as long as they are soft there is no need to worry. Bowel movements can be anywhere from yellow to green. Call if the color is white or bloody.

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## Sleep

Your baby should start to be able to sleep through the night. Most babies will wake up every 3 to 4 hours to feed. Some will sleep for long stretches at a time at night. Every baby is different in his/her sleeping patterns.

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## Immunizations

Your child will get a set of immunizations including the Pentacel [combination of DTaP (Diphtheria, Tetanus & Pertussis), IPV (polio), hemophilus influenza B], Prevnar (pneumococcal) and Hepatitis B. We will also administer the Rotavirus (Rotateq) vaccine which is oral (by mouth, not a shot).

Your baby might be fussy, have a fever or be sleepy for 2 to 3 days. The site may be red or swollen. Put cool compresses on the site. You also can give infant Tylenol. Please refer to the dosing charts on our website: [www.facey.com/pediatrics](http://www.facey.com/pediatrics). These charts can be found in the section, "Is your child ill?"

You can find more information on vaccinations online at: [http://www.facey.com/ped/child\\_care.php](http://www.facey.com/ped/child_care.php)

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# Safety

- The American Academy of Pediatrics Recommends backward facing toddler car seats should be used until a child is over 20 pounds and 2 years of age. If your child has outgrown their car seat, you should purchase a convertible seat.
- Never leave your baby alone with other young children, siblings or pets.
- Do not leave your child unattended at any time.
- The water heater should be no higher than 120°F
- Do not eat or hold hot liquids and food while holding your child.
- Smoke & carbon monoxide detectors should be present in your home.
- When using a crib, make sure the side is always up. Do not place cushions around your baby or put any toys, blankets or bumpers in the crib. Crib slats more than 2 3/8 inches apart can cause injury.
- Your baby should always sleep on his/her back. This is because sleeping on the stomach can lead to SIDS (sudden infant death syndrome)



## The Next Visit

Your baby's next appointment will be at 4 months of age, at which time your child will get a set of immunizations including: Pentacel, Prevnar, and Hepatitis B (only if the first dose was not administered in the hospital after birth). The second dose of Rotavirus (Rotateq) vaccine will be administered if the series was started at your child's 2 month check-up.

### *About this guide*

This information was compiled and edited by Facey Medical Group pediatricians. Please contact your doctor's office if you have questions about this information.

**live healthy  
enjoy life**

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