

Cranky and Fussy?

- A baby may cry if they are hungry, have a dirty diaper, or for no reason.
- There will be times when you will not be able to console your baby easily.
- Fussy periods in the late evening are very common at this age.
- You cannot spoil your baby by picking them up when they are fussy. Demanding babies may still want to be carried much of the day, or in the evening.
- Things to try for a fussy baby: changing the diaper, rocking, singing, giving a pacifier, walking, swinging, bathing, whispering, taking a ride in the stroller.
- Try techniques mentioned at www.thehappiestbaby.com.
- If you become overwhelmed, put your baby in a safe place and take a break or get some help.
- Your baby may fuss a bit before falling asleep. Try to put him down drowsy, so he learns to fall asleep by himself. Limit naps to three hours and try to space out daytime feedings. Keep all lights off for night feedings and keep them brief.
- For advice on sleep issues, read *Guide to Your Child's Sleep* from the AAP, *Solve Your Child's Sleep Problems* by Richard Ferber, or consult www.healthychildren.org (search for

back and grimaces with spit-ups, call the office.

Two Month Visit

We will record your baby's height, weight, and head circumference. The numbers themselves are not as important as the trends over time, and they do not have to be average (50th percentile) to be normal.

If your baby's newborn screen result was not available at your last visit, ask the nurse or doctor for the result today.

Let your doctor know today if...

- Your baby does not move both arms and both legs vigorously and equally.
- Your baby does not lift his head when on his tummy.
- You are worried about your baby's hearing.
- Your baby never seems to focus on your face.
- You are worried about your baby's growth, development, or behavior.
- You are feeling overwhelmed or sad about him or unable to enjoy being with him.
- You are having trouble with breastfeeding.
- You have a particular concern that's always on your mind.

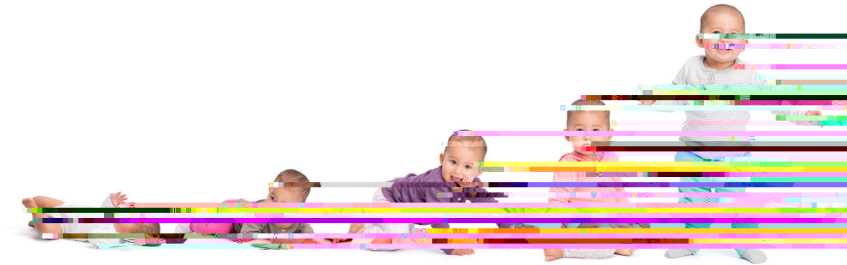
Your next visit

At the four month visit your doctor will...

- Compare the growth measurements to those from this visit.
- Discuss recommended vaccines: DTaP, HiB, polio, pneumococcal, hepatitis B and rotavirus. Information about these can be found at: www.cdc.gov/vaccines.
- Discuss any concerns.



Two Month Visit



Vaccines

- Vaccination provides the single most important opportunity to prevent serious illness in your child, including brain damage
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