



# 2 Kapa'a Pediatrics MONTH WELL CHILD CHECK

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## New Milestones!!!

- Pushing up while on belly, lifting head
- Turning to voices, recognizing faces
- Cooing, gurgling, sighing, smiling
- Eyes track objects from side to side

## Feeding

- Continue breastfeeding, your baby will decide when and how much to eat
- If bottle feeding try NOT to overfeed. Infants usually drink 3-4 ounces every 2-3 hours
- Vitamin D supplementation may be recommended for exclusively breastfed infants (mothers should get at least 15 minutes of sun per day to make enough Vit-D in their breastmilk)
- No water is needed
- No other solid food until 4-6 months of age

## Parenting

- Hold, talk, and sing to your baby
- Allow baby to play on tummy to help develop muscles and shape head
- Never shake or hit your baby, if you are frustrated, place baby in crib and ask for help from other family members or your doctor

## Safety!!!

- **Car seats:** center of the backseat, facing backwards at all times
- **Back to sleep:** babies under 1 year should sleep on their backs
- **Prevent falls:** babies will be rolling over soon! Do not leave baby alone on the sofa, bed, or changing table
- **Prevent drowning:** never leave baby alone in tub
- **Avoid burns:** set hot water heater to 120° max and do not drink hot liquids while holding your baby
- **Sun burn:** avoid sunlight between 10am - 4pm

## Vaccine Side Effects

- At 2, 4, and 6 months of age your child will likely get the same series of vaccines (2-3 injections and 1 liquid)
- Most babies do very well with all vaccines and have no side effects
- Common side effects are fever, swelling, redness at the injection site, and fussiness
- Rarely, extreme fussiness can occur. We recommend a dose of Tylenol if your baby becomes extremely fussy
- If your baby has a side effect after their 2 month old vaccines, it does not mean that they will have the same side effects at the next vaccines

Don't forget to check out our Website!! 😊

[www.kapaapediatrics.com](http://www.kapaapediatrics.com)

Common pediatric illness, common medication dosing charts,  
vaccine information sheets and more!

# 2 MONTH WELL CHILD CHECK

## Newborn Knowledge

**Thrush:** fungal (yeast) infection in the mouth that looks like white plaques on the gums, tongue, and inner cheeks. If it is mild treatment is optional and you may want to try a home remedy that you can find online. If thrush is severe OR if mom has nipple pain, we strongly recommend a prescription antifungal medication be started.

**Infrequent Bowel Movements or Constipation???** As your baby gets older and bigger their intestine absorbs more and more nutrients to help them grow. Commonly, babies can have infrequent stools as they get older, as little as 1 stool per week. If the doo-doo is soft then you do not have to worry. Call us if they have not had a bowel movement in the past 8 days or if they are having hard pebbly doo-doo at any time.

**Diaper rash:** almost always caused by (1) aggressive wiping, (2) doo-doo and urine mixing causing irritation, or (3) sitting in wet diapers for too long. Think prevention! Wipe VERY gently. Do not use wipes for urine only diapers. For a doo-doo diaper use no more than 2 wipes, or consider starting with a tissue to blot most of it off before wiping. At first sign of diaper rash BE AGGRESSIVE, apply thick layer of barrier cream (A&D, Butt paste, Desitin, Vaseline) with EVERY diaper change. Stop using wipes and rinse bottom in sink/tub. If there are little red bumps that do not seem to be going away then it may be fungal. Try antifungal Lotrimin (Clotrimazole) 1% cream, sold over the counter. Apply it 3 times per day for a week.

### Things to look forward to...

- Rolling over
- Controlling head better
- Smiling and babbling more
- Turning to voices and noises
- Grasping toys
- Sleeping more hours through night

### When to Call the Doctor

- Fever (temperature > 100.4F)
- Diarrhea and/or vomiting
- Respiratory infection
- Poor feeding
- Decreased # of wet diapers
- Sleepier or less active

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