

Tips to Grow By™



A publication of Akron Children's Hospital

1-3 Month Old Well Visit

You will most likely visit your doctor with your infant at least once every two months until your baby is about 6 months old. Not all doctors follow this routine, though, so ask about your doctor's well-baby checkup schedule.

Your infant is seen regularly to assess growth, feeding and sleeping habits, among other things. These checkups also allow the doctor to follow up on any concerns from previous checkups and are a chance for you to ask questions about your baby's health or behavior.

What to expect

Common components of a checkup include:

- weight, length and head circumference measurements that are plotted on your baby's own growth chart
- a physical exam with special attention to any previous problems
- assessment of physical and emotional development (for example, head control, vision and social interaction)
- questions about how you are doing with your baby
- advice about feeding, vitamins and other aspects of nutrition
- what to expect during the coming months, including a discussion of baby proofing your home
- immunizations during some visits

Address any questions you have, and write down the answers or specific instructions the doctor gives you. At home, update your baby's medical record, tracking growth and any problems or illnesses.

Immunizations

At 1-2 months old, your baby will receive the second dose of the hepatitis B vaccine (HBV) if the first dose was given just after birth. With combination vaccines, however, the 2-month visit may be the first time your baby receives any immunizations.

At 2 months (and again at 4 months), your baby will be given several immunizations:

- DTaP (diphtheria, tetanus, acellular pertussis)
- Hib (*Haemophilus influenzae* type b) vaccine
- IPV (polio vaccine)
- PCV (pneumococcal conjugate vaccine), given in a series of four shots over the first 15 months of life
- RV (rotavirus vaccine)
- possibly, HBV (hepatitis B vaccine)

Babies at high risk of developing a meningococcal disease, which can lead to bacterial meningitis and other serious conditions, may receive an additional vaccine. (Otherwise, the meningococcal vaccine is routinely given at 11-12 years old.)

Some vaccines can cause reactions (usually mild), such as fever or irritability. Be sure to discuss side effects with your doctor and get guidelines for when to call the office.

When to call the doctor

Call the doctor if your baby has:

- diarrhea and vomiting, which could be caused by an infection and can put your infant at risk for dehydration
- an ear infection. A baby with an ear infection may become irritable; fever may or may not be present.
- rashes, which are common in infants. Skin conditions like eczema can result in dry, scaly patches that are itchy and uncomfortable. Your doctor can tell you which lotions, creams and soaps to use.
- upper respiratory tract infections (including the common cold). Since babies can't blow their own noses, you'll have to handle clearing mucus with a rubber bulb aspirator. Don't give your baby any medications without checking first with your doctor. Call the pediatrician's office immediately if baby develops a cough, refuses to eat, has a rectal temperature above 100.4°F (38°C) or is excessively cranky or sleepy.

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