

Name: _____ DOB: _____ Today's Date: _____



TWO MONTH WELL CHILD CHECK

INTERVAL HISTORY

Any changes in your family since last visit? Move Job change Divorce None Other:

Any relatives diagnosed with new medical issues since last visit? No Yes, describe:

DEVELOPMENTAL / BEHAVIORAL / SENSORY SURVEILLANCE

Are you concerned about your baby's vision? No Yes

Mark each task that your baby is able to do.

- Smiles Comforts self Moves arms and legs together Lifts head during tummy time
 Coos Looks at you Holds head up when held Fusses when bored
 Has different cries to show hunger or tiredness

Any other concerns about how your baby is growing, learning, or acting?

No Yes, describe:

MATERNAL DEPRESSION SCREEN

Since your baby's birth, how often have you been bothered by the following?

Little interest or pleasure in doing things:	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> >half the days <input type="checkbox"/> Nearly every day
Feeling down, depressed, or hopeless:	<input type="checkbox"/> Not at all <input type="checkbox"/> Several days <input type="checkbox"/> >half the days <input type="checkbox"/> Nearly every day

ANTICIPATORY GUIDANCE:

- Don't forget to go for a postpartum check-up. Seek help if you feel sad for more than a few days.
- Make a routine each day for feeding, bathing, sleeping, and playing.
- Continue having your baby sleep on the back, in a crib, and keep toys, comforters, pillows out of crib.
- Hold, talk, cuddle, read, sing, and play often with your baby. This helps build trust between you two.
- Do tummy time when baby is awake and when you are able to be there to watch.
- Keep plastic bags, balloons, and other small objects away from your baby, due to choke hazard.
- Your baby can roll over, so keep a hand on your baby when dressing or changing him.
- Never leave your baby alone in bathwater, even in a bath seat or ring.
- Use a rear-facing car safety seat in all vehicles. Do not smoke in house or in car.
- Burp your baby during natural feeding breaks.
- If breastfeeding, feed your baby 8+ times per day. Plan for pumping and storing breast milk.
- If formula feeding, feed your baby 6–8 times each day, 3-4 oz per feed.