

WELL-CHILD DIARY

TWO MONTH CHECKLIST

Your baby is changing and growing at a rapid pace and Humana Military is here to help make sure you don't miss a thing! Things to keep in mind during your two-month well-child visit:

ASK YOUR DOCTOR:

About milestones

- Begins to smile
- Can bring hands to mouth
- Following and watching an object
- Coos, makes gurgling sounds
- Turns head toward sounds
- Can lift head up when lying on tummy
- Makes smoother movements with arms and legs

Questions

- What immunizations will my baby get during this visit?
- How do I find good child care once I return to work?
- How do I handle pumping, storing and bottle-feeding breast milk?
- How can I prevent Sudden Infant Death Syndrome (SIDS)?
- How will I know if my baby has enough stimulation?
- What toys should I buy for my baby for development?



NOTES:

