## 2 month old check-up



Patient and Family Education

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

## TIPS FOR TAKING CARE OF YOUR BABY

## CARING FOR YOUR BABY

- Your baby needs your love. Hold him, rock him and cuddle him.
- Do not be afraid of spoiling your new baby. Babies cannot be spoiled.
- · Babies cry a lot.
  - When they cry, they tell you that they need something. They could be hot, cold, hungry or wet. They may also just want to be held, interact with someone, or suck on a pacifier or their fingers.
  - It is OK to let your baby cry for a few minutes.
  - If your baby cries for over 1 hour and cannot be comforted, call your baby's doctor.
  - If you get upset with your baby's crying, lay him down in his crib, and go into another room for a few minutes. Call a family member or friend for help.
- Take time out for yourself. Being a parent is hard work, and sometimes you need a break. Ask a family member or good friend who knows about babies to care for your baby, even for just an hour. Take a nap while your baby is sleeping in his crib.
- If you are going back to work, start planning now for childcare. Ask family or friends for suggestions.

## YOUR BABY'S DEVELOPMENT

- Your baby may be able to:
  - Lift his head for short times when he lies on his stomach.
  - Reach for toys and hold them for short periods of time.
- Your baby may like:
  - To look at faces, especially yours. Look right into his eyes with your face about 8 inches from his.
  - Music and gentle voices. Read, talk and sing to your baby, even if you are off-key. Repeat sounds your baby makes he will soon begin cooing back to you.
  - Taking a walk outside in the stroller on nice days
- Place your baby on his tummy to "play" for short times when he is not sleeping. This helps him have strong muscles.
- Your baby does not have good back or head control yet. Be sure to put your hand and arm behind his back and head when you hold him.

## **SAFETY**

- Crib and changing table
  - Always place your baby on his back to sleep. Use a firm mattress. Never put fluffy blankets, pillows, stuffed animals or stuffed toys in the crib with your baby. This helps prevent crib death. (SIDS).

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

- Make sure the crib slats are no more than 2 \(^{3}\)/8 inches apart.
- Make sure crib rails do not move up and down. If you have an older crib, check with its maker to see if they have special parts to keep the side from moving.
- Never leave your baby alone on a high place, such as a bed, couch, chair or changing table. Keep one hand on your baby at all times while changing him.

## Home

- If you live in an older home, have it tested for lead.
- Install smoke and carbon monoxide detectors. Change the batteries twice a year.
- Keep plastic bags, ropes and strings, hot items and sharp objects out of reach.
- Keep objects with small parts and sharp edges away from your child.
- Do not carry hot liquids or cook and hold your baby at the same time this can cause burns.

## Car

- Make sure your baby rides in a car safety seat every time you go driving, no matter how short the trip.
- Place the car seat in the back seat, facing towards the rear window. Your baby should ride like this as long as possible. Do not turn him forward-facing until he is at least 2 years old. Make sure the car seat is installed correctly. The seat should be at a 45 degree angle.
- Do not add anything, such as blankets or harness strap covers, to your baby or the seat unless it is approved by the car seat maker.
- Buckle the car seat to the car, and buckle your baby into the car seat.
- Wear your seatbelt, too.
- When you use a baby seat or car seat to carry your baby, be sure the safety strap is buckled. Never place the seat on a high place, such as a counter, and walk away.

## Smoking

- Keep your baby away from cigarette smoke. Breathing in second-hand smoke can cause asthma, ear infections and other breathing problems.

## CPR

- Take a baby CPR course. Call the Red Cross, American Heart Association or a local hospital for more information.

## A FEW NEVER, EVER's -

To help keep your baby safe - NEVER:

- Leave your baby alone except in a crib or playpen.
- Leave your baby alone in a car.
- Hold your baby in your lap while riding in the car.
- Leave your baby alone in a sink or bathtub not even to answer the door or phone or get a towel.
- Put a necklace on your baby or use ribbons or strings to tie a pacifier around your baby's neck. This can cause choking.
- Warm breastmilk or formula in a microwave. This can cause "hot spots" in the liquid and burn your baby.
- Prop a bottle to feed your baby.
- Shake your baby. This can cause brain damage, blindness and death.
- Give your baby honey. Honey sometimes contains germs that can harm babies less than 1 year old.

## **BATHING**

- Always test your baby's bath water with your elbow to make sure it is warm but not too hot. Set your water heater at 120°F or lower. Ask your landlord to do this if you live in an apartment.
- Babies only need 3 to 4 baths a week.
- Keep your baby's nails short to prevent him from scratching himself.
- Your baby does not need powders, lotions or gels on his skin unless his doctor tells you to use them.

## **DIAPER NEEDS**

- Change your baby's diapers when they are wet or soiled. Clean his bottom with mild soap and water, or use disposable wipes. Always wash your hands well when you are done.
- Babies often make faces, grunt or turn red with bowel movements. As long as their bowel movements are soft, there is no need to worry.

## **FEEDING**

- Give your baby only breastmilk or formula until the doctor tells you to begin feeding him cereal and other foods. He does not need water or juice until then.
- Most babies know when they are hungry and know when they are full. Let your baby tell you when he is ready to eat.
- Hold your baby when you feed him. Talk to your baby in a quiet and soothing way while he eats. Never prop his bottle.
- Burp your baby several times during a feeding.
- Wipe your baby's mouth with a clean, wet cloth after feedings.
- Sometimes your baby may only need to suck and not eat. He can use his hands or a pacifier.
- To help prevent problems with your baby's new teeth, even before they come in:
  - Do not prop his bottle. This can lead to tooth decay. It can also cause ear infections.
  - Wipe your baby's gums with a clean, wet cloth after each feeding.
  - Do not clean your baby's pacifier or bottle nipple by putting it in your mouth. Your saliva may contain germs that can cause problems and tooth decay for your baby.

## **Breastfeeding**

- Eat a healthy diet with fresh fruits, vegetables and proteins like meats, nuts, beans and eggs.
- Drink milk or eat other good sources of calcium, such as yogurt, cheese, green leafy vegetables, fortified orange juice or dried beans.
- · Keep taking your prenatal vitamins.
- Breastfed babies need vitamin D drops by 2 months old. Ask your baby's doctor about how many vitamin D drops to give. Also ask the doctor if your baby needs any other supplements, such as iron.
- Check with your doctor before taking any medicines. Many of them pass through your breastmilk to your baby.
- Babies eat about every 2 to 3 hours when breastfed at this age.
- You may want to give your baby your breastmilk in a bottle once in a while to get him used to it. This will help if you need to leave him with a babysitter or go back to work.
- You will know your baby is getting enough to eat if he grows well and has 6 to 8 wet diapers a day.

## **Bottle feeding**

- Hold your baby when you feed him. Do not prop his bottle.
- Babies eat about every 3 to 4 hours when bottle fed.
- You will know your baby is getting enough to eat if he gains weight and has 6 to 8 wet diapers a day.

## **HEALTHY HABITS**

You can help keep your baby and your family healthy when you:

- Wash your hands often during the day. Have other family members wash their hands often, too. Use warm water and soap, and scrub for 20 seconds.
- Make sure your baby gets needed vaccines to help prevent disease.
- Keep your baby away from cigarette smoke. Breathing in second-hand smoke can cause asthma, ear infections and other breathing problems.
- Do not give your baby ANY medicines unless you talk to the doctor first.

Your baby learns through play. Avoid screen time until he is 2 years old. Some examples of screen time are:

- TV
- Computers
- Videogames
- · Tablet devices
- Smart phones

## IF YOUR BABY EVER SEEMS ILL

If your baby feels too warm or seems ill, check his temperature with a thermometer.

- Call the doctor if your baby has a temperature over 102.2°F or 39°C, seems ill or you have any concerns.
- For babies less than 2 years old take the temperature in the rectum (opening in the bottom where the bowel movement or stool comes out). Other methods are not as accurate in babies.
- Do not give your baby any medicines before talking with the doctor. This includes acetaminophen (Tylenol or other less costly store brand) and ibuprofen (Motrin, Advil or other less costly store brand).

## FOR YOUR BABY'S NEXT VISIT – 4 months old

- You and your baby's doctor can talk about how things are going with your new baby.
- Your baby will have a physical examination (check-up) that may include getting vaccines. You will have a chance to ask questions.
- You may want to talk about your baby's:
  - Feeding and sleeping
  - Fussy periods, crying and comfort
  - Safety
  - Development

## THINGS FOR YOU TO DO

• Keep a record of when your baby is ill or hurt. Share this record with your baby's doctors.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.



## **Tummy Time Tools**

## Activities to help you position, carry, hold and play with your baby

Colleen Coulter, P.T., D.P.T., Ph.D., P.C.S., Children's Healthcare of Atlanta Dulcey Lima, C.O., O.T.R./L., Orthomerica Products Inc.





Tummy Time Tools helps you make sure your baby gets enough time on his tummy each day. This is done through activities such as handling, carrying, diapering, positioning, feeding and playing with your baby. All of these should take place while your baby is awake and supervised.

Having your baby spend time on his tummy is a good thing. It helps:

- Develop the muscles in his neck and shoulders.
- Prevent tight neck muscles and the development of flat areas on the back of your baby's head.
- Build the muscles your baby needs to roll, sit and crawl.

## Why do babies need tummy time?

Babies need tummy time because they spend a lot of time on their backs. This is because:

- As recommended by the American Academy of Pediatrics, most parents put their babies on their backs while they sleep.
- A lot of parents use baby carriers that double as car seats and carriers.
- This combination of sleeping on the back at night and having pressure on your baby's head during the day can cause a flattening of the skull.
- These flat areas develop on the back of the head and on the forehead. This is called plagiocephaly.
- This flattening may be made worse by a condition called torticollis. This is when there is a single muscle or group of muscles that are tight or weak on one side of the neck. This causes your baby's head to tilt or turn to one side. The muscle fibers can shorten when your baby rests in one position for long periods of time.

It is important that your baby be put on his back to sleep. The American Academy of Pediatrics says this helps prevent sudden infant death syndrome (SIDS). It is also important to your baby's development that he get supervised tummy time and be put in different positions during the day.

## Tummy time is:

- Any activity that keeps your baby from lying flat in one position against a hard, supporting surface.
- Any time you carry, position or play with your baby while he is on his belly.

## Tummy time can:

- Help babies of all ages.
- Be fun.
- Be easy or challenging for your baby.
- Change as your baby grows and gets stronger.
- Be a great time to bond with your baby.

Always stay with your baby during his tummy time. Do not leave him alone on his tummy.

## Carrying

- Take turns with the hip your baby straddles. This way he can look, turn and balance to the right and left in both directions.
- 2 Carry your baby over your shoulder. Gently support his head in a centered position. Changing the shoulder your baby is carried on helps him to turn to both sides. Less support is needed as your baby gets stronger and can control his head and trunk.
- 3 Hold your baby out in front and facing away from you. Gently keep his head centered.
- 4 Carry your baby belly down. Make sure one of your arms is under his chest for support. Younger babies need their head and chest supported. Less support is needed as your baby gains strength in his neck and trunk muscles.
- 5 As your baby gets stronger, you can play airplane and pretend he is flying as you carry and support him.
- 6 Hold and carry your baby facing away from you. This helps him watch what's going on in the room by turning his head.
- 7 Carry your baby facing away from you on his right side. Switch and carry your baby on his left side.















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## Snuggle time

Lay your baby against your shoulder facing you or gently swaddled in your arms. This is snuggle time. This helps your baby to lift his head to look at you. Support and center his head, and turn it gently both ways.





- A great way to have tummy time with your baby is to lie on your back and hold your baby on your chest facing you. This helps your baby to lift his head to look at you. Gently turn your baby's head to both sides. Less support is needed as your baby grows. Your baby will begin to keep his head centered and push up on his arms.
- 2 Put a pillow, small towel or blanket under your baby's chest. This helps him lift and center his head.
- Play with your baby on the floor. Put toys on both sides of him to get him to turn his head and reach with both hands. Playing with your baby helps him be more comfortable around other people.
- 4 Put your baby over your lap. Raise one of your legs higher to make it easier for him to lift his head.
- 5 Sit on the floor with your baby. Play with toys centered in the middle, then to each side.











## Dressing and bathing

Use the lifting, carrying and positioning activities while you dress and bathe your baby. This gives your baby more tummy time. It also adds a little fun.

- 1 Towel dry and change your baby on his belly. Gently roll him from side to side as you put on his clothes.
- 2 Massage your baby from head to toe after diapering and bathing.





## **Positioning**

- 1 Change the way your baby can watch you. Make sure his head is centered instead of off to one side. Put your baby in your lap facing you. Sing, make eye contact, snuggle and center his head, as needed. Challenge your baby's balance to both sides by tipping his body slightly to each side. Your baby will recenter his body and gain strength.
- If your car seat comes with a curved head support, center your baby's head in it. If your car seat does not have a curved head support, the American Academy of Pediatrics says to use a rolled blanket or towel. This can be put along the side of your baby's head and shoulders while he is in the car seat. This keeps your baby from leaning to one side and helps keep his head and body in the middle. Do not put pads or cushions under or behind your baby while he is in the car seat and riding in a vehicle. Be sure to remove any added positioning supports under or behind the child before driving. You can buy additional head supports only intended for use in baby carriers, swings and strollers.
  Do not use these added supports in car seats while the child is riding in a vehicle.
- 3 Put fun and interesting mobiles or toys on both sides of your baby. This gets him to turn in both directions while on his tummy or back. Change the side your baby lies on, even if he likes one side more than the other.









## Diapering

- 1 Always put your baby in a different position on the changing table. Roll your baby from side to side as you fasten the diaper tabs. Talk to your baby from different sides as you change his diaper.
- 2 Change your baby's diaper on the bed or floor with your baby facing you. This helps him keep his head centered and make eye contact with you.
- **3** After diaper changes, roll your baby on his belly before picking him up. While supervised, let your baby play in this position for a few minutes.







## Feeding

- 1 Change the arm you hold your baby in for feeding. This way your baby gets to look and turn to both sides. This also limits the pressure of your arm on the back of your baby's head. Feed your baby in one arm, then switch to the other side for the next feeding. This will help develop neck flexibility on both sides.
- 2 Sit with your back supported and knees bent. Keep your baby against your legs, facing you. Keep your baby's head centered while feeding him.
- **3** Try putting your baby belly down over your lap when burping him.







## Sleeping

- Put your baby on his back to sleep. He should be at the opposite end of the crib every other night. Keep a calendar by the crib to remind you to change your baby's direction.
- 2 Turn your baby's head to the opposite side each night to keep it from getting flat spots.

















## More activities

- Sit your baby on your lap, facing you. Give support as needed. Help your baby hold his head up and centered. Turn his head equally to both sides. This is a good position for feeding.
- 2 Lie on the floor with your baby. Make sure you are face to face. Help your baby push up on his elbows to lift his head to look at you.
- 3 Make sure you support your baby under his chest. This makes lifting his head in the middle easier.
- 4 Put toys in front of your baby while he is lying on his belly. This helps him reach and play with both hands. Your baby may prop up on both arms and move around the floor on his belly. He may also crawl from this position.
- 5 While watching TV or visiting with friends, put your baby on his tummy over your lap. Change your baby's position to help him look to both sides.



## Other ways to help with head shape



Some babies may have flattening or asymmetry to their heads even after a program as active as tummy time. If your baby's head shape does not get better after he is 4 months old, your pediatrician may send your child to:

- A doctor who specializes in the skull.
- A professional called an orthotist, who can make a special helmet to help shape your baby's head.
- This helmet is called a cranial remolding orthosis. Your baby wears it 23 hours a day. It gently helps your baby's head have a more normal shape.

## Making the program right for you

The Tummy Time Tools activities can be changed to meet your baby's needs. Some babies will learn skills sooner or later than others. Not all babies have tightness in their necks. Many have well-shaped heads. The tummy time activities can help with normal development for all babies. The time you spend on these activities will help bring you and your baby closer.

Some babies will need more exercises to stretch and strengthen tight or weak muscles because of torticollis. You may get these from your baby's doctor or occupational or physical therapist.

Have a wonderful time using the activities in Tummy Time Tools to help your baby grow strong.

Call your child's pediatrician or Children's Healthcare of Atlanta for more information.

5445 Meridian Mark Road, Suite 200, Atlanta, GA 30342



choa.org/tummytime



404-785-5684 404-785-3229

This is general information and not specific medical advice. Always consult with a doctor or healthcare provider if you have questions or concerns about the health of a child.



## Pediatric Associates, PC Pediatric Associates of Johns Creek, PC

## Checkup Schedule

Birth (In hospital).....Hepatitis B

2-3 Days after Discharge.....Newborn Exam

2 Week.....Exam Only

1 Month......Exam, Hepatitis B

2 Month......Exam, DTaP, Hib, Polio, PCV, Rotavirus

4 Month......Exam, DTaP, Hib, Polio, PCV, Rotavirus

6 Month......Exam, DTaP, Hib, PCV, Rotavirus, CBC (Complete Blood Count)

9 Month......Exam, Hepatitis B, ASQ

12 Month.....Exam, MMR, Varicella, Hepatitis A, CBC

15 Month.....Exam, HIB, PCV

18 Month......Exam, DTaP, Polio, Hepatitis A, CBC, M-CHAT, ASQ

24 Month......Exam, CBC, M-CHAT

30 Month.....Exam, ASQ

3 Year.....Exam, CBC, Urinalysis

4 Year.....Exam, CBC, Urinalysis, Hearing & Vision, DTaP, Polio, MMR, Varicella

5 Year.....Exam, CBC, Urinalysis, Hearing & Vision, DTaP, Polio, MMR, Varicella

(Vaccines given if not completed at 4 year visit.)

6-10 Years....Exam, CBC, Urinalysis, Hearing & Vision as indicated

11 Year.....Exam, CBC, Urinalysis, MCV4, Tdap, HPV\*

12-15 Years.. Exam, CBC, Urinalysis, Hearing & Vision as indicated, HPV \*

16 Year.....Exam, CBC, Urinalysis, MCV4, Td, Men B, HPV \*

17-25 Years...Exam, CBC, Urinalysis, Hearing & Vision as indicated, Men B

- The Ages & Stages Questionnaire (ASQ) screens and assesses the developmental performance of children in the areas of communication, gross
  motor skills, fine motor skills, problem solving, and personal-social skills. It is used to identify children that would benefit from in-depth
  evaluation for developmental delays.
- The M-CHAT is a scientifically validated tool for screening children between 16 and 30 months of age that assesses risk for autism spectrum disorder (ASD).
- A Visual Evoked Potential (VEP) screening is conducted annually on our patients beginning at age six months through 8 years. The purpose of
  this test is the early detection of any abnormalities in your child's vision. We will provide you with further details regarding this non-evasive
  procedure when you arrive for your physical exam. You may also visit www.Diopsys.com to learn more.
- Tdap-(Tetanus, Diphtheria, & Pertussis Vaccine): This vaccine is recommended for children 10 years of age and older. Due to an increase in diagnosed Pertussis (Whooping Cough) cases, this booster is now required for school attendance.
- MCV4-(Meningococcal Vaccine): This vaccine is recommended for children 11 years of age and older. A booster dose is recommended before
  entering college.
- Men B (Meningococcal B)-This vaccine is recommended for patients 16 years of age and older. This vaccine is given in a 2-part series and is recommended before entering college.
- We offer the \*HPV (Human Papillomavirus vaccine) to both our female and male patients. This vaccine is given in a 2 or 3-part series
  depending on what age the series is started.

Click here to visit **The Centers For Disease Control and Prevention** website at **www.CDC.gov** to download important vaccine information which may answer any questions you have concerning a particular vaccine.

## After the Shots...

Your child may need extra love and care after getting vaccinated. Some vaccinations that protect children from serious diseases also can cause discomfort for a while. Here are answers to questions many parents have after their children have been vaccinated. If this sheet doesn't answer your questions, call your healthcare provider.

Vaccinations may hurt a little... but disease can hurt a lot!

Call your healthcare provider right away if you answer "yes" to any of the following questions:

- Does your child have a temperature that your healthcare provider has told you to be concerned about?
- ☐ Is your child pale or limp?
- Has your child been crying for more than 3 hours and just won't quit?
- ☐ Is your child's body shaking, twitching, or jerking?
- Is your child very noticeably less active or responsive?

## What to do if your child has discomfort

## I think my child has a fever. What should I do?

Check your child's temperature to find out if there is a fever. An easy way to do this is by taking a temperature in the armpit using an electronic thermometer (or by using the method of temperature-taking your healthcare provider recommends). If your child has a temperature that your healthcare provider has told you to be concerned about or if you have questions, call your healthcare provider.

## Here are some things you can do to help reduce fever:

- Give your child plenty to drink.
- Dress your child lightly. Do not cover or wrap your child tightly.
- Give your child a fever- or pain-reducing medicine such as acetaminophen (e.g., Tylenol) or ibuprofen (e.g., Advil, Motrin). The dose you give your child should be based on your child's weight and your healthcare provider's instructions. Do not give aspirin. Recheck your child's temperature after 1 hour. Call your healthcare provider if you have questions.

## My child has been fussy since getting vaccinated. What should I do?

After vaccination, children may be fussy because of pain or fever. To reduce discomfort, you may want to give your child a medicine such as acetamin-ophen or ibuprofen. *Do not give aspirin*. If your child is fussy for more than 24 hours, call your healthcare provider.

## My child's leg or arm is swollen, hot, and red. What should I do?

- Apply a clean, cool, wet washcloth over the sore area for comfort.
- For pain, give a medicine such as acetaminophen or ibuprofen, according to your healthcare provider's instructions (see box below). *Do not give aspirin*.
- If the redness or tenderness increases after 24 hours, call your healthcare provider.

## My child seems really sick. Should I call my healthcare provider?

If you are worried at all about how your child looks or feels, call your health-care provider!

HEALTHCARE PROVIDER: PLEASE FILL IN THE INFORMATION BELOW.

If your child's temperature is_	°F or	°C or higher,
or if you have questions, call y	our healthcare pr	ovider.
Healthcare provider phone nu	mber770-	476-4020
Medication (if needed)	NAME OF MEDICATION/T	YPE OF FORMULATION
Give	every	hours as needed.





## Dosing On Call

Dosing for infants and children from your healthcare professional

DOSE: Every 4 hours as needed. DO NOT GIVE MORE THAN 5 DOSES IN 24 HOURS. Do NOT use with any other product containing acetaminophen.

# DOSE: Every 6-8 hours as needed. DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.

Infants' MOTRIN® Concentrated Drops



Infant Active in	Infants' TYLENOL® Oral Suspension Active ingredient: acetaminophen 160 mg (in each 5 mL)	al Suspension 160 mg (in each 5 mL)	Available in:  Grape	Dye-Free Cherry
WEIGHT	6-11 lbs	12-17 lbs	18-23 lbs	24-35 lbs
AGE	0-3 months	4-11 months	12-23 months	2-3 years
	1.25 mL	2.5 mL	3.75 mL	5 mL
DOSE	1.35 ms. 2.5 ms. 3.75 ms. 5	125 mt. 325 mt. 5 mt.	1.25 mt. 2.55 mt. 3.75 mt. 5	25 mt. 25 mt. 5 mt.

/EIGHT	12-17 lbs
AGE	6-11 months
	1.25 mL
DOSE	625 ml. 1.25 ml. 1.875 ml.

WEIGHT	12-17 lbs
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72-95 lbs

60-71 lbs 9-10 years 12.5 mL

48-59 lbs

36-47 lbs

24-35 lbs

WEIGHT

Cherry Cherry

Grape B.

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Available in:

Children's TYLENOL® Oral Suspension

Active ingredient: acetaminophen 160 mg (in each 5 mL)

FRENOL

11 years 15 mL

6-8 years

4-5 years 7.5 mL 7.5 mL

2-3 years

AGE

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AGE	2-3 years	4-5 years	6-8 years
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DOSE		7.5	



72-95 lbs

Dye-Free Berry

Berry 🙀

Available in:





Grape 🕝 Bubblegum

Active ingredient: acetaminophen 160 mg (in each chewable tablet)

Children's TYLENOL Chewables

VIENOL .

Available in:

Active ingredient: ibuprofen (NSAID)\*100 mg (in each chewable table 11/2 tablets 4-5 years 36-47 lbs 24-35 lbs 2-3 years 1 tablet

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60-71 lbs	9-10 years	2½ tablets

48-59 lbs 6-8 years 2 tablets

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DOSE

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R USE

This dosing recommendation from your healthcare professional will expire in 14 DAYS. Today's date:

- Always read and follow the label on all TYLENOL" and MOTRIN" products.
- Use only the dosing device (dosing syringe or dosing cup) that came with the product. Do not use any other dosing device.

3 powders

2 powders 9-10 years 60-71 lbs

2 powders

DOSE

48-59 lbs 6-8 years

under 48 lbs under 6 years do not use

**FILENO** 

NEW!

72-95 lbs

Available in:

Children's TYLENOL® Dissolve Packs

Active ingredient: acetaminophen 160 mg (in each pack)

Wild Berry

11 years

Rely on TYLENOL® and MOTRIN®, the two brands of pain and fever relievers that pediatricians recommend most.†

Always



All Infants' TYLENOL® and Children's TYLENOL® products have the same strength of acetaminophen: **160 mg** (in each 5 mL, tablet, or pack).

## Postpartum Depression Resources

(Updated March 18, 2019)

Georgia Crisis and Access Line for emotional support in your community 24/7/365 Behavioral Health Crisis and Suicide Hotline 800-715-4225

Mygcal.com

Postpartum Support International www.Postpartum.net 800-944-4773 (4PPD)

Postpartum Support International North Atlanta Mothers Support Group Call/text 503-389-3149 or email <u>Justine.PSICoordinator@gmail.com</u>
\*This is a free group\* (currently meets 3<sup>rd</sup> Tues each month in Cumming GA)

National Suicide Prevention Lifeline 800-273-8255 (TALK) Suicidepreventionlifeline.org

National Alliance on Mental Illness – Georgia Chapter 770-234-0855 Namiga.org

Dial 9-1-1 – Ask for Crisis Intervention Team (CIT) officer

Northside Hospital Behavioral Health Services 404-851-8960 Email: BehavioralHealthServices@northside.com

Emory Women's Mental Health Program 404-778-5526 WomensMentalHealth.emory.edu

 $\label{lem:postpartumDads} \mbox{--} \mbox{Recommendations for partners of women with PPD} \\ \mbox{www.postpartumdads.org}$