

Two Months

How I am growing

- My head is still a little wobbly when I'm propped up.
- I hold my head up for a few minutes – and turn it sideways – when I'm on my stomach.
- I move my arms and legs and "bicycle" with my feet when I get excited.
- I hold onto things for a little while. Did you notice that my hands are open most of the time now?

How I talk

- I gurgle, laugh, and smile when I'm happy.
- I like to try out cooing sounds.
- When you talk more slowly, raise the pitch of your voice, and say your words VERY clearly, you make it easier for me to hear and learn the patterns of words.
- When you repeat words and phrases, that helps me learn.

How I feel

- I need lots of cuddling and holding.
- I can feel many emotions. Sometimes, I feel happy, scared or uncomfortable.
- I feel happy when I hear you tell me that I am beautiful and you love me.

How I understand

- I recognize different voices and people.
- I recognize a few things, such as my bottle.
- I like to stare at people and things.

How I respond

- If I am a quiet baby, I spend a lot of time just looking.
- If I am an active baby, I will spend more time moving, smiling or screaming – depending on how I feel.
- I am fascinated by my own hands. First, I may just look at them. Then I may bring them to my mouth. This may have happened before, but now it is because I decided to move them.
- I blink at shadows made by my own hands.
- I follow you with my eyes when you move.
- I can follow moving objects with my eyes.
- I can see bright colors now.
- I smile at people.
- I quiet down when I suck my fingers, a bottle, or a pacifier.
- I perform just to get your attention. I love it when you get excited about what I do!
- I don't like some noises – like loud televisions and radios. I will tell you this by fussing. Turn it down, Mom and Dad!!



- ✓ **Check off what I am doing.** Healthy children are very different, so don't fret if I am "early" or "late" in some areas.
- ✓ If I was born too soon (prematurely), use the check lists from the date I was **due** – not my actual birth date.
- ✓ Look back at last month's list. Am I doing any-

- ✓ thing now that I wasn't then? Check it!
- ✓ Look for my growth in each area, and gently help me to learn new things.
- ✓ Date the checks for my memory book.
- ✓ Take the checked lists to the doctor when we go for check-ups.

Crying is a call for help.

Here is a checklist to help figure out what the cries mean.

- **Wet or soiled diapers?**
- **Hungry?**
- **Lonely?**
 - ... Call his name to let him know you are coming. He may even stop crying before you get there. If Baby calms and stays calm after you pick him up, he missed you! Baby's need for closeness is very real.
- **Bored?**
 - ... Give Baby a new view. Change his position. Hang something over the crib that he can see, but not reach. Put him where he can keep an eye on you.
- **Tired?**
 - ... Some babies get fussy before falling to sleep.
- **Too hot or too cold?**
 - ... Touch Baby's tummy. If he feels too hot or too cold, adjust his clothing.
 - ... Try to keep the room an even temperature — neither too hot nor too cold.
- **Uncomfortable?**
 - ... Diaper rash? Leave diapers off so air can help his skin heal.
 - ... Baby's clothing too tight?
 - ... Is a pin pricking him? Are there sharp edges on labels or zippers?
 - ... Would a burp help?
 - ... Colicky babies have tummy pains and loud, piercing cries. Sometimes, this will help:
 - ... Lay Baby across your knees. Rub or pat his back.
 - ... Walk with Baby or use an infant swing.
 - ... Change bath time to evening.
 - ... Try a pacifier. Sucking helps relax his stomach.
 - ... Talk to Baby's doctor for more ideas.



- **Is too much going on around Baby?**
 - ... Take him to a quiet place with dim lights. Hold him close and talk to him with your soothing voice.
- **Is Baby having trouble calming down?**
 - ... Sing a gentle song over and over.
 - ... Play soft, soothing music.
 - ... Swaddle Baby by wrapping him in a soft, light blanket to keep him from thrashing about.
 - ... Help him learn to comfort himself. Hold his hand in yours or help him find his hand to suck on.

Sleep and sleeping patterns

Baby may stay awake for as long as 10 hours during the day.

She will take a few naps during the day — and may even sleep for as long as seven hours at night.

Some 2-month-olds will wake up every 4 hours to be fed — day and night!

Feeding time is a special time to build love and trust.

Hold your baby so she can see your face when you feed her.

Breast milk or fortified infant formula – no solids yet.

Breast is best! It has all the nutrition babies need and protects against food allergies and some diseases. If you have started breastfeeding, keep up the good work!

Parents used to think that feeding solid foods at bedtime would help their babies sleep through the night. Not true!



Feeding solids before Baby is ready may trigger allergies and/or cause babies to eat too much.

Baby's digestive system is not ready to handle foods other than breast milk or infant formula. Her tongue and swallowing movements won't develop enough for solid foods until she is about 4 months old. Baby will be ready for solid foods when she can:

- ... Sit well with support
- ... Control her head and upper body well
- ... Turn her head away on purpose – if she doesn't like the food, or if she has had enough.

Honor Baby's hunger cues.

Your baby will stop eating when he is full. Don't try to get him to take more than he wants. Here are some clues that Baby is full:

- ... Pushing away the breast or bottle
- ... Turning away
- ... Crying and fussing
- ... Forcefully moving his entire body away from you.

- ... Putting his hands in front of his mouth

Babies are getting enough to eat if they are:

- ... Growing
- ... Having at least 6 wet diapers a day
- ... Having at least one stool a day

Most doctors want to know if your baby misses more than one feeding.

Something is usually wrong if a baby misses 2 or 3 feedings in a day.

Be patient with him when he wakes up during the night.

Night feedings don't last forever. At this feeding, let him know that it is time to go back to sleep. Place him in his crib, swaddle him, or let him sit in an infant chair. Discourage him from playing after a night-time feeding.

Babies will usually sleep through the middle-of-the-night feeding by the time they weigh about 11 pounds.

Watch out!

- ... Stay within arm's length and don't leave me alone on a table or chair. You will be surprised at how fast I can turn and roll off.
- ... Active babies can move or tip infant carrier seats. Always use the safety belts. Never place a carrier seat on soft, plush surfaces – which could make it unstable.

Let's play Help me learn

These games will help me develop my neck and eye muscles.

Listening Games

Talk to me!

Call out to me when you are coming to my crib. I will learn to recognize your voice and look forward to seeing you.

I like simple games best.

Look at me when you are about 10 inches away from me. Catch my eye and make a sound. Wait to see what I do. Make the sound again. If I like the game, do it again. Make different sounds.

Speak slowly, and make your voice have a high pitch. Use short phrases and change the tone of your voice. Invite me to respond: raise your eyebrow, change your pitch, or say something like, *What do you think?*

Use different objects that make noise when we play.

I like music boxes, bells, rattles, and squeak toys and even the crinkling of paper. Remember, though, I only like to play for a minute or two at a time.



Help me learn about my world by telling me about the sounds I hear.

Tell me what is happening when the telephone rings, when you drop something, when you turn on the water in the sink, or even when I burp. When you say *Did you hear that?* in an excited tone of voice, I think you are having fun, too.

Learn my way of telling you that I am listening.

I might smile, wiggle my body, or stop what I was doing to tell you I was listening. I may also show that I am listening in ways that are hard to see. I might change my breathing pattern or move my hand.



Touching Games

I like your touch.

Rub my body and give me a gentle massage after my bath.

Give me textures to touch.

I like the feel of soft fabric and different textures on my skin. Place me on a clean carpet, a terry cloth towel, or a smooth blanket. Touch my arms and hands with stuffed animals, rubber toys, and smooth and rough fabrics.

Help me learn to roll over

- ... When you have time to watch me, find a rattle or noisy toy. Place me on my side.
- ... See if I will follow the noisy toy with my eyes and then roll to my back. If I don't, help me by gently moving my shoulder or hip. Rolling from back to front is hard.
- ... I need to learn to roll to both my left and right—and from my stomach to my back. Put me on my tummy. Lean over and catch my eye. Then move so my eyes must follow you — and to do this I must roll over. At first I will need your help on my shoulder. When I do roll over (even with your help) be sure to talk with me and give me loving hugs.

Learning to Look: An Eyes & Ears Game

I develop my eye muscles by using them.

- ... Place me on my back or in an infant chair. Move behind me so I can't see you – and I will focus on the object, not you. Hold a noise-maker – like a ring of keys – about 10 inches above my face. Shake the object gently until I look at it.
- ... Watch my eyes to see how I follow the object. Move the object slowly from side to side, and up and down. When I am good at this, try moving the noise-maker in a circle in the air, and around my head. Change the direction of the circle. If I can't follow the whole circle, make only part of a circle.

Watch for me to let you know I am looking.

I may look very intent. I may look at you or at something else. I may wave my arms or become very still. I may even look like I am saying "O."



Change my position often.

- ... I like to look at many different things. If you place me on a blanket on the floor, what can I see? Place some interesting toys around me. I like roly-poly toys that rock and make noise.
- ... Sometimes, carry me in your left arm and sometimes in the right.
- ... With me sitting on your lap – and us facing each other – try doing these things one at a time. Watch to see what I do.
 - ... Smile, stick out your tongue, open and close your mouth or eyes widely, shake your head back and forth.

More Ways to Help Me Learn

- ... Put a mobile over my crib so I can watch it as it moves.
- ... Move objects back and forth in a straight line in front of me.
- ... When I am awake and alert, move me around in my infant seat so I can be near you as you work. Babies like to be with people and see what is going on. Talk to me about what you're doing. I like to listen!
- ... If I am looking one way, call to me from the other side. See if I'll turn my head to find you.
- ... Dance with me and sing to me.

Parents are Baby's first – and best – teachers

Your child will learn more from you than anyone else.

Your baby is constantly learning about the world around her through her senses of smell, taste, sight, hearing and touch. You can help her develop her senses by providing playthings that can be seen, heard, and touched.

Playing helps Baby to strengthen and use muscles better.

Use items that you already have around the house.

These can often be a child's favorite plaything. "Toys" need not be store-bought and expensive.

Playing with your baby gives her a chance to explore the world and satisfy her growing curiosity.

She will enjoy your loving attention and benefit from it.

Safety first: Check the batteries in your smoke alarm.

Keeping Baby Healthy

Check with your doctor, nurse, or clinic about the immunizations your baby needs.

Immunizations help to prevent diseases that could change the life of your baby and family. Click on:
<http://www.cdc.gov/nip/recs/child-schedule.htm>

Keep up the well-baby visits.

The doctor will check to see that everything is developing well. Many problems can be corrected if they are caught early.



Don't be afraid to call your baby's doctor and ask for advice.

There will come a time when your baby will have a cold, fever, or just won't act up to par. The doctor expects you to call when you have a question or when there is a problem.

If you are very concerned about your baby, tell your doctor.

Tell the doctor that you would feel better if you could bring the baby to the office to be checked. Your doctor will listen to you. Remember, you know your baby better than anyone else.

When you go to the doctor, take along a pad and pencil.

Write down questions you have for the doctor so you won't forget to ask them.

When you talk with the doctor, have the following information written down in front of you:

Baby's temperature

To learn how to take the baby's temperature, click on
<http://www.kidshealth.org/parent/general/body/fever.html>

or ask a friend or the nurse or doctor. It is important for the doctor to know if the baby has a fever and whether it is a low fever (100 degrees) or a high fever.

Pain

Screaming ___ Head rolling ___
Pulling up legs ___
A different kind of cry ___
Cries when touched ___

Appetite

None ___ Very little ___
Vomiting ___

Breathing

Difficult ___ Fast ___ Slow ___
Coughing ___ Wheezing ___

Eyes/Ears

Discharge ___ Pulling or rubbing ___

Skin:

Flushed or sweaty: ___ Pale ___
Rash ___

Bowels

Watery ___ Slimy ___
Hard or dry ___

Mood

Too quiet ___ Fussy ___

Changes in eating or sleeping habits

Listen carefully to the instructions the doctor gives you. Write them down.

- ... Don't be embarrassed if you need the doctor to repeat or explain something.
- ... Read the instructions you have written back to the doctor to make sure you understood them. The instructions need to be followed carefully.
- ... Look at the instructions later, to see that you are following them.



Sleeping Safe

The 3 things that belong in the crib are (1) a firm mattress, (2) a tight fitting sheet and (3) your beautiful baby.

- ... Keep these things OUT of the crib: pillows, quilts, comforters, stuffed toys, bumper pads and other soft items.
- ... Be sure Baby's crib is in a smoke-free place.
- ... Do not place crib near draperies or blinds where Baby could get tangled up and strangle on the cords.



Baby's mattress should be firm, and snugly fit the crib.

- ... The space between the mattress edge and crib frame should not be more than the width of two of your fingers.
- ... Cover the mattress with a fitted bottom crib sheet.

Avoid too many blankets.

- ... Consider using a sleeper instead of a blanket.
- ... If you do use a blanket, place baby with feet to foot of the crib. Tuck a thin blanket around the crib mattress, covering only as high as Baby's chest.

Back to Sleep

- ... Always place Baby on his back when in his crib.

Babies should sleep alone in a safe crib.

- ... Chairs, sofas, water beds, cushions or regular adult beds are not safe because babies can fall or become trapped in the furniture or between cushions. The suffocation risk for infants is 40 times higher in an adult bed than a crib.

Avoid overheating.

- ... Never cover baby's head with a blanket.
- ... Keep Baby at a temperature that feels comfortable to you – about 68 – 72 degrees F.
- ... Do not overdress baby.
- ... Watch for these signs that Baby is too warm: sweating, damp hair, flushed cheeks, heat rash, rapid breathing.

Take good care of yourself!

You need energy and stamina to be a good parent – so do your best to be healthy in every area of your life.

... **Allow time each day for relaxation and exercise.**

- ... **Check out *Finding Your Way to a Healthier You*:** Based on the Dietary Guidelines for Americans. <http://www.health.gov/dietaryguidelines/dga2005/document/pdf/brochure.pdf>



... **Plan and take time for yourself.**

Find a friend or relative to watch the baby while you get time away. Do something that will refresh you and make you happy to be back home.

- ... **Figure out what is most important, and stop worrying about the rest.** Decide which household jobs have to be done. Which ones don't? Share the work that has to be done.

... **If you are returning to work, find child care that you are comfortable with.** You'll be a happier and more productive worker if you feel good about your child care arrangements.

Anything that makes you a happier, more enthusiastic person is bound to make you a better parent.

Be kind to everyone, and take good care of you!

Give Me a Kick-Start to Fitness

- ... I am starting to hold my head up, but my tongue cannot manage food – not even cereal.
- ... If you try to feed me with a spoon, I will push the spoon and food out of my mouth with my tongue. I can choke if you put cereal in a bottle and try to feed it to me.

I use signals to “talk” with you. Learn the cues I give when I am hungry and full. This will help set the stage for a lifetime of fitness.

When I am hungry, I may:

- ... Begin to move my mouth
- ... Rapidly move my eyes in my sleep
- ... Try to suck on my hand or

- tongue, your shoulder or anything I can touch.
- ... Bob my head and search around.
- ... Be fussy, squirm, stretch, clench my fists or toes

When I have had enough, I may:

- ... Push the bottle or breast away
- ... Turn my head away
- ... Put my hands in front of my mouth
- ... Cry and fuss
- ... Forcefully move my entire body away from you
- ... Smile and relax my body
- ... Fall asleep with the nipple in my mouth

Help me learn to enjoy moving.

- ... Encourage me to turn over by placing toys just out of my reach. I may try to twist toward them.

- ... Help me to stand up on your lap. Hold me up under my arms and bounce your legs.
- ... Dance with me and sing to me. I love to move to music.
- ... Watch me! I may propel myself up on my chest. Encourage me to try!
- ... I still love to be gently massaged.



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