

# your child @<sup>TM</sup>

## 2 months

highlights of what's happening at this stage of your child's development ...

Help your baby grow! Spend lots of time holding, cuddling, playing, and reading with your child.

### Your child's health

#### The Well Visit

At your baby's 2-month visit, your doctor will give vaccinations that will keep your child healthy and strong. Schedule your next visit for when your baby is 4 months old.



Let your doctor know if your baby:

- Does not notice his hands.
- Does not smile at the sound of your voice.
- Does not follow objects with his eyes.
- Does not respond to loud noises.

Call 1-877-KIDS-NOW to see if your baby can get free or low-cost health care.

#### Sleep

Begin to put your baby to sleep between 6 and 10 pm. Turn off the lights and keep the area quiet. Your baby should sleep for 4 to 6 hours each night. He is still too young to have a daytime nap schedule.

#### Safety Tip

Always put your baby to sleep on her back to reduce the risk of SIDS.

#### Crying

There are many ways to soothe a crying or fussy baby:

- Let her suck on a pacifier, bottle, hand, or wrist.
- Gently rock or swing your baby, or take her for a drive or walk.
- Wrap her tightly in a blanket.
- Create "white noise." Run a fan or a vacuum cleaner near your baby.

Remember to stay calm. Your baby will sense when you are stressed.

#### Nutrition

At this age, your baby only needs breast milk or formula. Your baby will generally eat 4 to 5 ounces per feeding, or 20 to 25 ounces per day.

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Sources: *Your Baby's First Year* and *Caring for Your Baby and Young Child*, American Academy of Pediatrics, Steven P. Shelov, MD, FAAP, editor in chief; *Understanding Children*, Civitas and Richard Saul Wurman; *KidBasics*, Civitas; *Healthy Sleep, Happy Child*, Marc Weissbluth, MD.

Civitas thanks **Parents as Teachers**, an international early childhood parent education and family support program, for their ongoing support.

### Nurturing your child

**Early Care** *Take Care of Yourself.* Call your doctor if you feel sad, anxious, or restless.

*Create Regular Routines for Your Baby.* Make routines during everyday activities, such as singing the same song as you change his diaper.

*Respond to Your Baby.* Pick up your baby whenever he cries. You cannot spoil an infant.

#### Safety Tip

Never shake or spank your baby. Shaking will cause brain damage.

#### Early Learning

Your baby will learn and grow as you read, talk, sing, and play with her.

- Read with your baby. Use cloth or board books with pictures of babies or common objects.
- Play together. Make silly faces. Tickle her. Move objects slowly in front of your baby and watch as she follows them with her eyes.
- Sing songs again and again. Play fun music at play time or relaxing lullabies at bedtime.
- Talk with your baby throughout the day. Let her answer with her coos, squeals, and gurgles.

### Your child's safety

#### In the Crib

- Do not put blankets, pillows, or stuffed animals in a crib. If they cover your baby's face, he could stop breathing.
- Keep your baby's room at a comfortable temperature. Don't make it too warm or too cold.

#### In the Car

By law, your baby must ride in a secure, rear-facing car seat. She must ride in the back seat of your car.

*Born Learning*™ is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, *Born Learning* educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at [www.bornlearning.org](http://www.bornlearning.org).

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