

your child @TM

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.

Made possible through the generous support of the **A.L. Mailman Family Foundation.**

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*SM 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.

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For local resources and information about early childhood education or programs call United Way First Call For Help at 1-866-733-3748 or log-on to www.uwayscc.org.