

# Two Months

As your baby grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your baby learn and be healthy. If you have concerns about your baby's growth or development, talk to his or her doctor.

To learn more visit <http://tinyurl.com/t6pw4wu>



## Your baby can

- Grasp rattle, visually follow objects
- Briefly hold up the head, lift head/chest with forearm support
- Enjoy playing with people, "converses", social smile
- Coo and gurgle, single vowel sounds

## You can

- Use high pitch, speak slowly, repeat simple phrases
  - Wait for baby to answer, and then respond
  - Look, cuddle, and rock baby while talking
  - Read to your baby
  - Provide tummy time for short periods throughout the day
- For more information visit <https://tinyurl.com/y4b68n5c>

It's normal for infants to have **fussy periods**, but for some, crying can be excessive, lasting several hours a day. If a baby develops colic, it usually starts in an otherwise well baby at around 3 weeks, peaks around 6 weeks, and improves by 3 months.

Call your doctor with any questions or concerns.

When your baby had regular checkups, his doctor can track his growth and development and identify concerns. You have a chance to build a relationship of trust and address your concerns. Your baby will receive immunizations at the two month check up.

## Keep your baby safe!

Baby should ALWAYS be laid on his back and in his worn crib or Pack'n Play to sleep. Visit this [website](#) to test your knowledge of safe sleep practices.

- Avoid exposure to cigarette smoke
- **Must** be in rear-facing car seat until 2 years of age
  - <https://tinyurl.com/olvsczo>
- Avoid sun exposure - keep baby in shade & use protective clothing
- insect repellent can be used starting at 2 months
- Never shake your baby - it can cause bleeding in the brain and even death
- Supervise your baby at all times

## Feed your baby!

Your baby might be going longer between feedings now, but will still have times when he wants to eat more. Most babies this age breastfeed about eight times in 24 hours or drink about 26-28 ounces. They may have a longer stretch of sleep at night. For babies at 2 months of age, breast mil or formula remains the best food. <https://tinyurl.com/y9gflmti>

- No Solid food. Feed on demand
- Wipe mouth with clean, damp washcloth after feeding
- Breastfeed as long as desired, pump when away from baby
- Call doctor or peer counselor with breastfeeding questions or concerns.

## Remember to take care of you!

Taking care of baby requires a lot of energy and attention. It will be easier to do this if you are taking care of yourself. It's common for new moms to feel tired and overwhelmed at times. But if these feelings are intense or you feel sad, moody, or anxious, call your doctor.

<https://tinyurl.com/yx3nrwmz>

- Take time for yourself
- Take time together with your partner
- Spend time alone with your other children
- Encourage your partner to help care for your baby
- Choose a mature, trained, and responsible babysitter or caregiver

Poison Control Hotline 1-800-222-1222