

your child @™

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.**

