

# Growing & Learning at...2 Months



## What Most Babies do at 2 Months:

### Social-Emotional Milestones

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up to her
- Smiles when you talk or smile at her

### Language & Communication Milestones

- Makes sounds other than crying
- Reacts to loud sounds

### Cognitive Milestones (learning, thinking, problem-solving)

- Watches you as you move
- Looks at a toy for several seconds

### Movement & Physical Development Milestones

- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly

## Helping 2-month-old Babies Learn & Grow:

- ▶ Talking, reading, and singing to 2-month-olds helps them develop and understand language.
- ▶ Acting excited, smiling, and talking in response to 2-month-old verbal sounds teaches babies how to take turns “talking” back and forth in conversation.
- ▶ Tune in to the way 2-month-olds express feelings and needs. When she looks at you and makes sounds, she is probably trying to interact and “play”. Turning away or fussing could mean she needs a break.
- ▶ Notice and respond to 2-month-old signals for hunger and fullness. Often 2-month-olds smack their lips or touch their mouths when they’re hungry and turn away from the breast/bottle when they’ve had enough.
- ▶ When a 2-month-old is awake, you can place him on his tummy with toys at eye level in front of him. Watch him practice lifting his head to see the toys.
- ▶ Lots of cuddling and holding is good for 2-month-olds because it helps them feel safe.

### Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at [www.healthychildren.org](http://www.healthychildren.org).

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## Topics to Discuss at 2-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



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