

# What's Up? Your Baby's Development



## 2-Month Visit

Your baby is starting to develop better control of their body, which helps them explore in new ways.

### 2-4 MONTHS: What's Happening?

#### What Your Baby Can Do

**I am learning how to "tell" you what I need.**

- I use my sounds, facial expressions, and body movements to tell you how I am feeling: sleepy, hungry, happy, or uncomfortable.
- I show you when I want to play and when I need a break.



**I am starting to use my body to make things happen.**

- I can grip objects with my hands. By 3 months old, I will reach for and grasp objects with both hands.
- I let you know when I am hungry. I might move my head so that my mouth is close to the breast.

#### What You Can Do

**Watch your baby to learn their signals.** Smiles are easy to figure out! Is there a "hunger" cry? Do they rub eyes or look away from you when they are tired?



**Respond to your baby's signals.** When their eyes are bright and they are alert, it is time to play. Slow things down if your baby cries, turns away, or arches their back.

**Give your baby something to reach for and hold.** Let them touch objects with different textures and shapes. Hold a toy within your child's reach so they can swat it with their hands or feet.

**Notice how your baby is "discovering" their body.** Do they look at their hands? Suck on their feet? Maybe they are trying to roll over?

*As you use the HealthySteps handouts, remember that your child may develop skills faster or slower than noted and still be growing just fine. Every child develops at their own pace. Your HealthySteps Specialist will be available to answer any questions. Your family's cultural beliefs and values are also important factors that shape your child's development.*

## What's Happening?

### What Your Baby Can Do

**We are becoming closer each day.**

- I am learning to trust that you will read and respond to my signals.
- I rely on you to comfort me. This helps me learn to comfort myself.

### What You Can Do

**Comfort your baby whenever they cry.** You can't spoil a baby. Soothing helps them feel safe, secure, and loved.

**Help your baby get calm** by guiding their fingers to their mouth. You can try a pacifier (if appropriate) or offer a blanket or soft object.

### Other Things to Know and Try

Even at this young age, your baby is picking up on how you are feeling, so keeping yourself calm is important. Understanding how another person feels is an important skill for building healthy relationships. You help your baby learn to be sensitive to others by being sensitive to them. Respond to their signals. Soothe them when they cry. Smile and laugh when they are happy. These are all vital parts of responsive caregiving that build trust between you and your baby. You can also:

- ☐ **Watch your baby closely to learn their “language.”** How do they act when they are tired or hungry? How does your child respond to lights, sound, and activity?
- ☐ **Look for patterns.** When does your baby usually get hungry or tired? When are they ready to play? If you find patterns in your baby's activity levels, you can schedule things when they are at their best.
- ☐ **Follow your baby's lead.** When your baby shows interest in an object—looks at it or reaches for it—let them touch it (if it is safe, of course.) If your child turns away, closes their eyes, or begins to fuss, take a break from play.



*At this visit the pediatric team will measure your baby's length, weight, and head. They will listen to your baby's heart and look at their eyes, ears, nose, and mouth. Your baby will get any needed vaccines. We will talk about your baby's development and routines such as sleeping and eating. We will also review safety tips. And, of course, we will make time to discuss any questions or concerns you might have!*