

Your Baby at 2 Months

Developmental milestones are essential markers that help parents and caregivers track their child's growth and development. The following are typical milestones that can be expected for a 2-month-old. However, every child is unique, and the rate of development can vary slightly. If you have concerns about your baby's development or notice significant delays in achieving these milestones, it is essential to consult with your pediatrician. Early intervention can often address any developmental issues and can ensure that your baby gets the support that they need to grow and thrive.



Growth and Movement Milestones

- Holds head up and begins to push up when on tummy
- Moves both arms and legs equally well
- Brings hands to mouth
- Opens hands briefly
- Latches on to bottle or nipple
- Smooth suck, swallow, breathe pattern



Cognitive and Language Milestones

- Watches you as you move
- Looks at toy for several seconds
- Makes cooing sounds
- Turns head toward sounds



Social and Emotional Milestones


- Cries to communicate needs
- Calms down when picked up
- Seems happy when they see you
- Smiles when you smile or talk to them



All for Kids Home Health



Activities & Toys for your 2-Month-Old



Interacting with a 2-month-old baby is a wonderful opportunity to bond and support their early development. At this age, babies are still in the beginning stages of their sensory and motor development, so your interactions should focus on providing comfort, stimulation, and love. Here are a few activity and toy recommendations for this age:

Activities:

- Help your baby to feel safe and secure by holding, cuddling, rocking them.
- Act excited or happy when your baby makes a noise or does a new movement.
- Talk, read, and sing to your baby. This is the beginning of language development and understanding.
- Pay attention to your baby's unique sounds and cries. Getting to know the different sounds will help you know what your baby is trying to tell you. For example, they may have different cries for hunger, pain, and sleepiness. Knowing their unique sounds helps establish bonds of trust.
- At this age, babies should only be eating breast milk or baby formula. They are not yet ready for solid foods. Feeding time is bonding time. Try feeding in a quiet place without a lot of stimulation. Make eye contact and let your baby study your face.
- Lay your baby on their tummy when they are awake and place toys at eye level in front of them. Tummy time will help your baby learn to lift their head and strengthen their neck muscles. Never leave your baby alone when they are on their tummy.
- Always place your baby on their backs to sleep in a safe area without pillows, blankets, bumpers, or toys. Never place your baby in a place where they might fall.
- Try to establish routines for eating and sleeping.

Toys:

- Hang a mobile above the crib for the baby to watch and follow with their eyes.
- Use rattles, bells, or other noise making toys to practice looking for the sounds.
- Reading books and singing songs are important for language development.