

BIRTH TO 2 MONTHS



Back to sleep, tummy to play.

PHYSICAL DEVELOPMENT: TIPS TO HELP YOUR BABY GROW

This is a great time for you to get to know your baby and see how your baby grows and develops. It is important for your baby to spend time on their tummy to help them grow and develop strong muscles. Your baby should spend half of their waking hours on their tummy. It is normal for babies to dislike being on their tummy at first. Start early, keep at it and gradually increase the length of time they are on their tummy. Rubbing their back or talking to them in a calm voice can sometimes help. Make it fun, join your baby on the floor and make eye contact.

Please do not leave your baby in a carrier, swing or infant seat while they are awake.

ACTIVITIES TO DO WITH YOUR BABY

Place your baby on your chest when you are in a reclined position. They will lift their head and look at you.

Place your baby on a colorful blanket with different textures and toys so they can feel them.

Help your baby bring their hands to their mouth. Encourage them to explore with their mouth and learn to hold things.

Hold your baby high enough on your shoulder so they can look around and see other people.

Place your baby on their tummy after every diaper change.

Your baby may get bored staying in one place for too long. Changing their position every 20 minutes can help.

WHAT TO EXPECT AS YOUR BABY GROWS

From birth to 2 months of age your baby will start to:

- Turn their head to the side when lying on their tummy.
- Lift their head briefly when they are on their tummy or held against your chest.
- React to sudden movements or noises.
- Have a strong suck during feedings.
- Follow objects and focus from 10 inches away.
- Smile socially at you.
- Make sounds such as cooing.