

2 Months

Developmental Milestones

Gross Motor

Raises head and neck when laying on stomach
 Stretches legs out when laying on stomach or back
 Opens and shuts hands

Language

Cooing noises
 Vocal play begins at 3 mos.

Fine Motor-Adaptive

Follows to midline
 Begins to follow past midline

Personal-Social

Watches face intently
 Follows moving objects
 Smiles at the sound of voices
 Begins to develop a social smile
 Enjoys play with others - may cry when play stops
 Becomes more expressive with face & body
 Imitates some movements and facial expressions

My Child's Growth

Length: _____ %

Weight: _____ %

Head Circ: _____ %



Anticipatory Guidance

Safety

- ◆ Always place your infant in an appropriate, rear-facing infant/car seat, and make sure the seat is appropriately strapped into the vehicle.
- ◆ Make sure your baby's bedding is tight fitting and that there are not any loose blankets/stuffed animals that can cover the baby's face.
- ◆ Always place your baby on his back to sleep. This reduces the incidence of SIDS.
- ◆ Make sure your water heater is set below 120°F to prevent burns.
- ◆ Never leave your baby lying on any surface above ground level without the baby being secured with safety straps or a hand.
- ◆ Always maintain a smoke-free environment around babies.
- ◆ Make sure you have smoke detectors installed, and be sure to check the batteries monthly. Replace batteries at least once a year.
- ◆ Never have hot liquids around your baby. You never know when they might spill.
- ◆ Never use a microwave to heat formula or breastmilk. It can heat unevenly and cause burns.
- ◆ Never give a baby honey or corn syrup of any kind. It can lead to infant botulism.
- ◆ Avoid direct sun exposure. Your baby has very sensitive skin and will burn easily.

Infant Care

- ◆ Keep fingernails trimmed short to prevent baby from scratching himself.
- ◆ Always burp your baby after a feed. Some babies require more frequent burping to prevent spit-ups.

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Anticipatory Guidance

Infant Care

- ◆ Always have a bulb syringe (nasal aspirator) on hand. Use this to clear the nose of congestion, spit-up, etc. Remember, babies require their noses to breathe.
- ◆ Crying indicates a need for attention. It can mean hunger, a dirty/wet diaper, being too cold, too hot, tired, etc. If you have tried to provide all of these needs and you become frustrated, lay your baby down, and let him cry while you take a moment for yourself.
- ◆ Always have a thermometer on hand. If your baby has a temperature $\geq 100.4^{\circ}\text{F}$ rectally, please call your pediatrician immediately.

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