



LISTEN HERE!

Your child will learn more from you than anyone else.

What's it like to be 2 months old?

- I hold onto things for a little while now.
- I follow you with my eyes when you move.
- I need lots of cuddling and holding.
- I recognize different voices and people.

Feeding time is a special time to build love and trust

Hold your baby so they can see your face when you feed them. Feed them with breast milk or fortified infant formula.

- When your baby is hungry, they may: Begin to move their mouth, try to suck on their hand or tongue.
- When your baby has had enough food, they may: Turn their head away, fall asleep with the nipple in their mouth.

Let's play. It helps me learn!

These games will help your baby develop neck and eye muscles:

- Look at your baby when you are about 10 inches away. Catch your baby's eye and make a sound. Wait to see what they do. Make the sound again. If your baby likes the game, do it again and make different sounds.
- Your baby likes your touch. Give them a gentle massage after a bath.
- Give your baby textures to touch. Touch their arms and hands with stuffed animals and different textured material.

1 KEEP YOUR BABY SAFE WHEN THEY SLEEP

The three things that belong in a crib are 1) a firm mattress, 2) a tight-fitting sheet, and 3) your beautiful baby. Keep soft things OUT of the crib. No pillows, quilts, comforters, stuffed toys, bumper pads, or other soft items.



2 TAKE GOOD CARE OF YOURSELF

You need energy to be a good parent. Any healthy choice that makes you a happier, more enthusiastic person is bound to make you a better parent.