

Help Your Baby Learn and Grow



You can help your baby learn and grow. Talk, read, sing, and play together every day. Below are some activities to enjoy with your 2-month-old baby today.

What You Can Do With Your 2-Month-Old:

- Cuddle, talk, and play with your baby during feeding, dressing, and bathing.
- Help your baby learn to calm themselves. It's okay for them to suck on their fingers.
- Begin to help your baby get into a routine, such as sleeping at night more than in the day, and have regular schedules.
- Getting in tune with your baby's likes and dislikes can help you feel more comfortable and confident.
- Act excited and smile when your baby makes sounds.
- Copy your baby's sounds sometimes, but also use clear language.
- Pay attention to your baby's different cries so that you learn to know what they want.
- Talk, read, and sing to your baby.
- Play peek-a-boo. Help your baby play peek-a-boo, too.
- Get a baby-safe mirror in your baby's crib so she can look at herself.
- Look at pictures with your baby and talk about them.
- Lay your baby on their tummy when awake and put toys near him.
- Encourage your baby to lift their head by holding toys at eye level in front of them.
- Hold a toy or rattle above your baby's head and encourage them to reach for it.
- Hold your baby upright on your lap. Sing or talk to your baby as they are upright.

Positive interactions exchanged throughout a young person's developing years are the bricks that build a healthy foundation for all future development.