

AT TWO MONTHS OF AGE

Height _____ Weight _____ Head Circ.. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

Locating sounds: Encourage your baby to turn his or her head toward sounds.

Hearing sounds imitated: Imitate your baby's cooing and jabbering sounds.

Being aware of sounds: Let your baby hear many different sounds, such as music, radio, and telephone bells. Also make different sounds with a rattle, squeeze toy, or bell. Do provide some quiet time when the radio or music is not on.

Developing personal and social skills:

Being massaged: To relax your baby, gently stroke his/her back, arms, or legs from top to bottom.

Being comforted: Respond right away when your baby cries. Crying is a baby's only way of telling you something is wrong. Here are a few things that your baby may be trying to tell you: I hurt, I am hungry, I don't feel well, my diaper needs changing, I'm afraid, I want to be held, I'm bored, I'm tired or I'm lonely.

Being bathed: Run a shallow bath of warm (not hot) water. Hold your baby securely, and let him or her splash, kick and enjoy. *Never* leave your baby alone near any water.

Observing: While carrying your baby in a cuddled "sitting" position, show him or her lights or brightly colored objects. Show the baby her/his image in the mirror. Talk about what he/she sees. **Read to your baby.**

Vaccines Given Today:

DtaP
Hib
Polio
Prennar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Developing control of small muscles and problem solving:

Touch: Let your baby feel many different textures.

Vision: Try to get your baby to follow faces or bright objects with his or her eyes.

Holding on: Put a rattle or other safe toy into your baby's hand and pull gently to encourage your baby to hold onto things.

Sleeping: Place your baby while awake in crib or bassinet. This will help baby learn to put him or herself to sleep at an early age.

What is it like to be two months old?

- ❖ I can hold my head up for a few seconds when I am on my stomach.
- ❖ I hold onto things for a little while.
- ❖ I move my arms and legs. I "bicycle" with my feet when I get excited.
- ❖ I gurgle, laugh and smile when I am happy.
- ❖ I stay awake during the day. But I usually take naps throughout the day.
- ❖ I make cooing sounds.
- ❖ I begin to stare at my hands
- ❖ I stare at people and things.
- ❖ I smile at other people, not just at my mother.
- ❖ I quiet down when I suck my fingers, a bottle or a pacifier.

Remember: No two children grow at exactly the same rate.. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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