



## 2 MONTHS

Your baby is likely smiling and cooing and making the long days and nights feel much shorter with their cuteness! They are starting to have much more alert and awake times for you to interact with them. Again, this is a great opportunity to focus on tummy time as they are getting better and better at holding their head up and turning it side to side. Overall gross motor skills such as rolling and crawling occur when your baby is on the floor, not in an apparatus. Feeding is still frequent but likely every 3-4 hours during the day and night. There are some babies that are sleeping through the night or just waking once to feed. There is no magic to getting your child to sleep longer at night, each child fulfills their need for food and sleep in a different way. All children will sleep through the night eventually, it is important to not compare your experience with your friends and family. Your baby is likely taking more milk at their feeds now, typically 4 ounces, but again every baby is different. Stooling also can change at this time. Some babies stool frequently but many reduce to one large bowel movement a day and often skip a few days between stools. This isn't worrisome if they aren't acting like their tummy is hurting but please call if you have concerns.

Many babies are starting to move their legs and kick much more and this can often lead to rolling when least expected. Don't leave your baby on an elevated surface such as a bed, couch, or changing table without a hand on them. The floor is a much safer place if you are momentarily distracted!

Expected development at this time is the development of big responsive facial expressions, big smiles and laughs, reaching and batting at objects, following past midline to track, rolling, bearing more weight on their legs when held standing, and pushing up on forearms and holding their head up off the ground.

*NEXT CHECK-UP: 4 month*

*VACCINE(S): Pentacel (DTaP, Hib, Polio), Prevnar, Rotateq*