

A Healthy Child... A Happy Home...



Play Time and Time Together

2-3 months

Do you play with your baby?

Good things happen when you play with your baby. You are:

- helping your baby get strong muscles and be healthy
- teaching your baby
- showing your baby your love.



Time Together

Babies at this age often copy the sounds you make to them, and look at you when you talk to them. It's probably getting easier for you to figure out what your baby needs when she is fussy or cries. Maybe you can tell when your baby needs a nap because she is overtired. You are responding to "cues" from your baby, and your baby is responding to "cues" from you. You're getting to know one another better.

Here are some ways to play with your baby:

- Talk or sing to your baby.
- Listen when your baby makes sounds ("coo-ing"). Answer your baby with words.
- When Baby is awake, let her lie on her tummy while you talk, sing or put a toy in front of her.
- Show your baby pictures.(You can cut pictures out of a magazine.) Babies like to look at bright colors and faces.
- Use words to tell Baby about the pictures.

Read to Me

- It's not too early to begin looking at picture books with your baby.
- Babies are too little to understand the meaning of stories. But they love the pictures, the sound of your voice, and your closeness.
- When babies hear stories from the time they are little, they grow up liking books and reading.
- Big brothers and sisters need to hear stories too.



Little babies can see, hear, smell and respond to touch. They like it when we play and interact with them.



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BETTER TOGETHER



When you play with me, my world is loving.

Keeping Baby Safe and Healthy

- **Sleep Safely** - Put Baby to bed on her back. Here are some helpful hints about sleep:
 - Make sure the mattress fits the crib.
 - Put Baby to bed slightly awake - she'll learn to fall asleep on her own.
 - When Baby wakes up during the night, let her fully wake up before picking her up and feeding her. If you wait a few minutes, your baby may fall back asleep.
- **Travel Safely** - Always put Baby in a carseat when you go in the car. Make sure the carseat is placed in the middle of the back seat, facing the rear window, and buckled in.
- **Prevent Falls** - Never leave Baby alone on a bed, couch or changing table.
- **Prevent Fires** - Have a working smoke detector in your house.
- **Don't let anyone smoke around your baby** - It hurts Baby's health.
- **Dental Health** - Gently wipe the inside of Baby's mouth with a soft cloth.
- **Keep a thermometer at home** - Take Baby's temperature under the arm or in the rectum.
- **Call your PCP** if Baby has a temperature higher than 100 degrees, is vomiting, not eating, has diarrhea or is unusually fussy. If you are unsure if Baby is sick, please call.
- **Shots** - Baby needs immunization shots at 2 months. Make an appointment soon.



Feeding Time

BREAST MILK

- Continue to breast-feed. Breast milk is the best food for your baby.
- Nurse more when your baby seems hungry. The more you nurse, the more milk your body will make.
- If you are thinking about stopping breast-feeding, please call your provider.

FORMULA

- Hold your baby when you bottle feed. Your closeness is important.
- No cereal in the formula or solid food yet.
- All Baby needs right now is breast milk or formula.
- Don't put Baby to bed with a bottle. It will hurt Baby's developing teeth, and can cause Baby to choke.

Coming Attractions

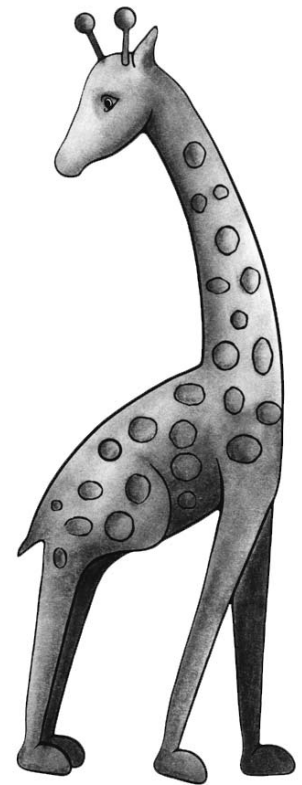
In the next months, most babies:

- eat less often
- have more head and neck control
- begin to roll over
- grab at things
- drool
- may begin to sleep through the night



Baby's next check up is at age

4 months. See you then!



Watch me carefully so I don't fall.