

# 0 TO 2 MONTHS



My photo  
at 2 months.

## HELP ME BE HEALTHY...

### *At this checkup:*

- I will be weighed and measured.
- I will have several immunizations.

These immunizations help my body to build defenses against disease. I will need to have these immunizations if I am going to be in child care or preschool and before I go to school.

## HOW DO YOU KNOW I AM HUNGRY?

I might be fussy or suck my finger or pacifier when I am hungry. It is okay to try to feed me. Nursing or iron-fortified formula is what I want. Water is not usually needed. Remember, no cow's milk until I am 1 year old.

*I eat about five to seven times a day.* Some babies, particularly breast-fed babies, may eat more often on some days. Breast milk or iron-fortified formula should still be my only food now. Do not put cereal or other solid food in my formula. My body is not ready for solid foods until I am 4 to 6 months old. Feeding solids too early may cause me to have allergies or obesity problems later on. My doctor might suggest that I have vitamin drops if I am nursing or was born prematurely.

## PLAY WITH ME. IT HELPS ME LEARN!

- Read to me every day.
- Let me feel different objects by rubbing them against my hands. Let me feel some soft materials and some that are bumpy. I also like to feel the different clothes you wear.
- Tell me how special I am. Smile and talk to me a lot.
- Show me bright colors. I can easily see the difference between black and white, and red and yellow.
- Look at me when you talk to me. I want to copy your mouth. Repeat the sounds that I make. I like the game of making sounds.
- Lay a blanket on the floor and place me on my stomach for some "tummy time." This will help me to build strong muscles. Play with me and be sure to never leave me unattended.

## WATCH FOR ME TO...

- Wave, kick and squirm when lying on my back.
- Make sounds like “uh,” “eh” and “oh.”
- Look and stare at things. I look at you a lot.
- Lift my head up and turn it sideways when I am on my tummy.
- Turn to you and smile when I see or hear you.
- Quiet down, move my eyes or change my expression when I hear your voice or some other noise.

## FAMILY EVENTS...

Are you looking for events that you can enjoy as a family? Check out your public library, local newspaper, news websites, community calendars and social media sites for upcoming story times, play groups and events that everyone can have fun participating in. You might be able to find a local parent support group, parenting classes and other opportunities to grow as a family.

## HOW I AM GROWING...

My Length: \_\_\_\_\_

My Weight: \_\_\_\_\_

Sleeping Habits: \_\_\_\_\_

New Skills & Talents: \_\_\_\_\_

Favorite Things & Activities: \_\_\_\_\_

\_\_\_\_\_

## HELP ME BE SAFE...

- Handle me gently. Support my head and neck when you hold me. Do not pick me up by my arms or swing me by my arms or legs. Do not shake me or throw me in the air.
- Protect me from falling. Be careful not to fall with me in your arms. Do not leave me alone on a changing table, bed or other high places. I could fall.
- If you give me medicine at night, turn on the light and read the label every time to make sure that you are giving me the right medicine and the right amount.

## BEING A PARENT IS HARD WORK!

- When you feel stress building, talk to your partner, a family member or a good friend about your feelings. It helps to talk with someone who is close to you. Ask someone to come watch me so you can have a break. There should be times when it is fun to be a parent. If you are having trouble finding fun times, get help. Call Child Care Aware® of Eastern Kansas at 785-357-5171 or 877-678-2548 toll free.
- Join a group of parents where they talk about ways to help children grow. To find out about parenting groups, call Child Care Aware® of Eastern Kansas at the numbers listed above.
- Read about being a parent. There are books, magazines, newsletters and leaflets for parents. Remember to read the “How You Can Help Your Crying Baby” section on page 27 of this calendar.

## CHILDREN ARE VERY DIFFERENT FROM ONE ANOTHER!

Do not worry if I am early or late in the ways that I am growing. If I was born prematurely or have some special needs, then it may take me a little longer to do some of the things listed. Help me to learn new things. If you are concerned, talk to my doctor, nurse or contact our tiny-k office for a free developmental screening. You can find that number at <http://tiny-k.org/>.

You may notice that I:

- Sometimes cross my eyes or have only one eye open at a time. This is normal. I will do this until my eye muscles get stronger.
- Gurgles, smiles and laughs when I am happy.
- Have tears when I cry. My tear ducts are starting to work now.
- Like to suck my thumb or pacifier. Sucking is a way that I learn about my world. It is also one way that I calm myself down.