

Your baby at 2 months



Baby's Name _____

Baby's Age _____

Today's Date _____

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 2 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.

What most babies do by this age:

Social/Emotional Milestones

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up to her
- Smiles when you talk to or smile at her

Language/Communication Milestones

- Makes sounds other than crying
- Reacts to loud sounds

Cognitive Milestones (learning, thinking, problem-solving)

- Watches you as you move
- Looks at a toy for several seconds

Movement/Physical Development Milestones

- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly

Other important things to share with the doctor...

1. What are some things you and your baby do together? _____
2. What are some things your baby likes to do? _____
3. Is there anything your baby does or does not do that concerns you? _____
4. Has your baby lost any skills he/she once had? _____
5. Does your baby have any special healthcare needs or was he/she born prematurely? _____

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at cdc.gov/FindEI.

For more on how to help your baby, visit cdc.gov/Concerned.

**Don't wait.
Acting early can make
a real difference!**



Your next steps

- Share this checklist & keep tracking milestones!** Take this checklist to your child's next check-up and be sure to share it with the doctor, as well as others who care for your child. Keep tracking by downloading CDC's FREE *Milestone Tracker* app or find online checklists at www.cdc.gov/Milestones.
- Support your child's development with these tips and many more from www.cdc.gov/milestones or on CDC's *Milestone Tracker* app**
 - Feed only breast milk or formula to your baby. Babies are not ready for other foods, water or other drinks for about the first 6 months of life.
 - Learn when your baby is hungry by looking for signs. Watch for signs of hunger, such as putting hands to mouth, turning head toward breast/bottle, or smacking/licking lips.
 - Look for signs your baby is full, such as closing her mouth or turning her head away from the breast/bottle. If your baby is not hungry, it's ok to stop feeding.
 - Take care of yourself. Parenting can be hard work! It's easier to enjoy your new baby when you feel good yourself.
 - Talk, read, and sing to your baby to help her develop and understand language.



If your child is missing milestones or you have other concerns:

- Call your child's doctor.** Schedule a follow-up visit with your child's doctor as soon as possible. Tell the doctor you want to talk about your child's development. Take this checklist with you and ask for developmental screening.
- Call for services to help.** Call 1-800-522-0066 and say "I have concerns about my child's development and would like to have my child evaluated to find out if he/she is eligible for services to help." You don't need a doctor's referral to call this program.

Don't wait. Acting early can make a real difference!

Note to Dr. _____ :

- WIC (the Special Supplemental Nutrition Program for Women, Infants, and Children) encourages families to talk with you about their child's development.
- This checklist reflects milestones **MOST children (at least 75%)** would be expected to meet by this age.
- Missing milestones can be an indication to administer a developmental screening. The American Academy of Pediatrics (AAP) recommends developmental screening between recommended screening ages if concerns arise; this checklist is not a substitute for a standardized, validated screening tool.
- If a developmental screening shows concerns or you or the parent still have concerns, refer to your states' early intervention program https://dhhs.nv.gov/Programs/IDEA/Early_Intervention_Programs/ and, at the same time, for further developmental and medical evaluation.
- For FREE resources to support developmental surveillance, visit cdc.gov/ActEarly/Healthcare.



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Learn the Signs. Act Early.