

What's It Like To Be 2 Months Old?

How I Grow

I still wobble my head a little when I am propped up.
I may hold onto things for a short while.
I move my arms and legs and "bicycle" with my feet when I get excited.
Be patient with me if I still wake up during the night-soon I'll be able to sleep longer.

How I Talk

I gurgle, laugh, and smile when I'm happy.
I like to make cooing sounds.
I cry to let you know when I want something.

How I Respond

I blink at shadows made by my own hands.
I follow you with my eyes when you move around.
I turn my head to find your voice when you talk to me.
I like to stare at people and things.
I smile at others besides my mother.
I quiet down when I suck my finger, a bottle, or pacifier.

How I Understand

I recognize different voices and people.
I recognize a few objects, such as my bottle.

How I Feel

I feel happy, scared, or uncomfortable at times.

Date _____
Weight _____
Height _____
Head Circumference _____
Next Appointment _____

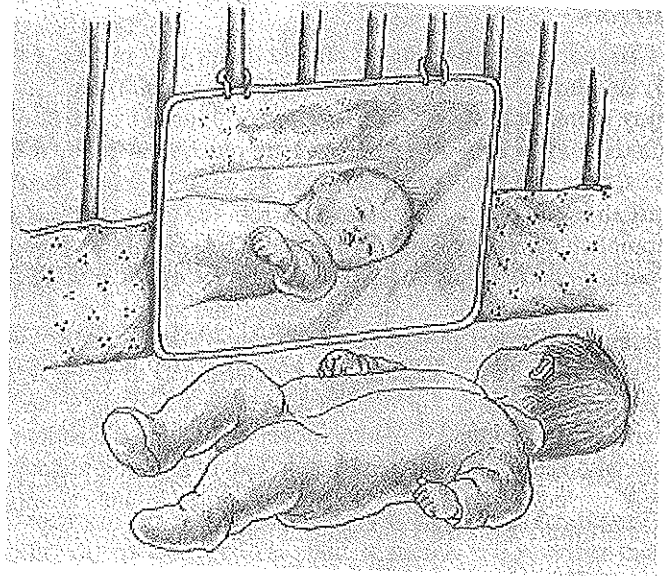
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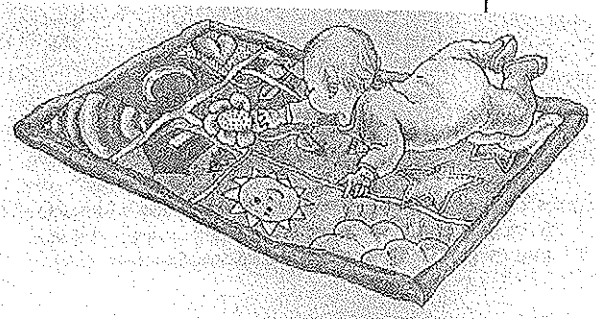
I LIKE TO PLAY!



Infants birth through 6 months

Basic play materials for young infants:

- Unbreakable mirrors that can be attached to a crib, changing table, or other play area
- A variety of mobiles and brightly-colored pictures
- A variety of toys that infants can bat or kick, mouth, grasp, and manipulate
- Rattles that make interesting sounds when shaken



Adapted from Healthy Steps for Young Children Program.

The Right Stuff for Children Birth to 8. National Association for the Education of Young Children, Washington, DC, 1995