



ZERO TO THREE
Early connections last a lifetime



2 Months

GETTING TO KNOW YOUR BABY

Your baby at 2–4 months

Your baby is starting to develop better control of their body, which helps them explore the world in new ways.

What your baby can do

Your baby is learning how to tell you what they need. They use **sounds, facial expressions, and body movements** to show how they are feeling — sleepy, hungry, happy, or uncomfortable. They also show you when they want to play and when they need a break.

Your baby is starting to use their body to make things happen:

- By 3 months, they will reach for and grasp objects with both hands
- They let you know when they are hungry — they may move their head so their mouth is close to the breast

What you can do

Watch your baby to learn their signals. Smiles are easy to read. Is there a hunger cry? Do they rub their eyes or look away when they are tired?

Respond to your baby's signals. When their eyes are bright and they seem alert, it is a good time to play. Slow things down if your baby cries, turns away, or arches their back.

Give your baby something to reach for and hold. Let them touch objects with different textures and shapes. Hold a toy within reach so they can swat it with their hands or feet.

Notice how your baby is discovering their body. Do they look at their hands? Suck on their feet? Try to roll over?

Take good care of yourself. Having a new baby can be overwhelming. Many mothers have emotional ups and downs. Some feel sad and cry a lot after giving birth. Reach out to your primary care provider if your feelings are intense or last more than two weeks. Help is available. You don't have to go it alone.

Every child develops at their own pace. Your baby may reach milestones faster or slower than other babies and still be growing just fine.



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You and your baby are growing closer every day

Your baby is learning to trust that you will read and respond to their signals. They rely on you to comfort them — and that helps them slowly learn to comfort themselves.

Comfort your baby when they cry. You cannot spoil a baby. Soothing helps them feel safe, secure, and loved.

Help your baby get calm. You can guide their fingers to their mouth or offer a pacifier, blanket, or soft object for comfort. (But be sure to take blankets and soft objects out of your baby's crib during naptime or bedtime.)

Other things to know and try

Even at this young age, your baby picks up on how you are feeling. Staying calm helps them feel calm too. When you respond to their signals, soothe their cries, and smile when they are happy, you are building trust and teaching them to be sensitive to others.

- **Watch your baby closely to learn their language.** How do they act when tired or hungry? How do they respond to lights, sounds, and activity?
- **Look for patterns.** When does your baby usually get hungry or tired? When are they ready to play? Finding patterns helps you plan things when your baby is at their best.
- **Follow your baby's lead.** When they show interest in something, let them touch it if it is safe. If they turn away, close their eyes, or begin to fuss, take a break from play.

At this visit

The care team will measure your baby's length, weight, and head size, and check their heart, eyes, ears, nose, and mouth. Your healthcare provider will discuss vaccines with you at today's visit. The team will talk with you about your baby's development, sleep, eating, and safety — and there will be time for any questions or concerns you have.

What comes next

Between 4 and 6 months, your baby will become even more active and expressive. They will start to babble, laugh, and reach out to touch the world around them. You may notice them rolling over, pushing up on their arms, and showing real excitement when they see a familiar face. It is a fun and busy time — enjoy it!

Have more questions?

Talk to your baby's healthcare provider or one of the professionals supporting your family.

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