



# YOUR BABY AT 2 months

This is the time when it's important for your baby to learn to trust and form a secure attachment. Take time to give love, hugs, smiles and lots of reassurance. Here are some health questions to consider:

## Healthy Feeding

- Don't give your child honey or food made with honey, even if it's cooked or pasteurized.
- If your baby drinks breast/chest milk, or both breast/chest milk and formula, your baby needs a supplement of 400 IU (10 mcg) Vitamin D every day. If your baby drinks only formula they do not need a Vitamin D supplement.



## It is important to learn when your baby is hungry or full:

- Signs your baby is hungry are:
  - › bringing their hand to their mouth.
  - › moving their head as if looking for your breast/chest.
  - › mouth opening.
  - › lip licking.
  - › sucking.
  - › fussiness.
  - › crying (this is a late sign).
- Signs that your baby is full are:
  - › decreased sucking.
  - › relaxed arms and fingers.
  - › drowsiness.

	YES	NO
Does your baby only drink breast/chest milk?	<input type="checkbox"/>	<input type="checkbox"/>
Are you happy with the way your baby feeds?	<input type="checkbox"/>	<input type="checkbox"/>
If your baby drinks breast/chest milk do you give them a Vitamin D supplement daily?	<input type="checkbox"/>	<input type="checkbox"/>

## Healthy Smiles



- It is important to begin cleaning baby's mouth before your baby's teeth appear. Wipe your baby's gums once a day with a clean wet cloth.
- Germs that cause tooth decay can be passed from you to your baby:
  - › Avoid sharing toothbrushes.
  - › Avoid licking your baby's soother to clean it. Wash the soother with warm water to be sure the soother is clean for your baby.
  - › If either parent/caregiver has tooth decay, they should see a dentist.

	YES	NO
Does your baby have their mouth cleaned every day?	<input type="checkbox"/>	<input type="checkbox"/>

## Safety



- Keep your baby in a rear-facing car seat with a 5-point harness and a Canadian National Safety Mark Sticker while in a car.
- Babies should sleep on their back in their own crib in your room for the first 6 months.
- Protect your baby from accidents by planning ahead. Babies quickly learn to roll. Never leave your baby alone where they can fall or get stuck between furniture.
- Comfort your baby when they are unhappy or fussy by rocking them gently or talking in a soft voice. Never shake your baby.
- Make your home and car a healthy place for your baby by having them smoke/vape free. Call 811 or talk with your doctor about the QuitNow program.

	YES	NO
Is your baby placed in a rear-facing car seat with a 5-point harness and a Canadian National Safety Mark Sticker while in a car?	<input type="checkbox"/>	<input type="checkbox"/>
Is your baby always put to sleep on their back?	<input type="checkbox"/>	<input type="checkbox"/>
Have you set your hot water temperature to 49° Celsius (120°F)?	<input type="checkbox"/>	<input type="checkbox"/>
Is your baby always in a smoke/vape free place?	<input type="checkbox"/>	<input type="checkbox"/>

## Healthy Growth and Development



- Play with your baby. Your baby loves to hear your voice and look at you. Talk or sing songs to your baby.
- Give your baby time to play on their tummy when they are awake. Tummy time supports your baby's development and helps prevent a flat head.
- Babies like their hands uncovered so they can explore.
- Babies love being touched, stroked and cuddled. Touch helps your baby's brain to develop.
- Babies learn best from face-to-face time with you and when you respond to their cues. Your baby feels safe when their needs are met.
- TV, phones, computers, and other screen activities are not recommended before 2 years of age. Limit the time on your phone and other screens when you are with your baby.
- Hearing can change. If your baby stops responding to sounds, a free hearing test is available. Contact your Public Health Unit.

	YES	NO
Does your baby follow moving objects with their eyes?	<input type="checkbox"/>	<input type="checkbox"/>
When you smile at your baby does your baby smile back?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby coo, gurgle, or make other sounds?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby respond to a loud noise by startling or waking?	<input type="checkbox"/>	<input type="checkbox"/>
When upset, does your baby calm down when picked up and held?	<input type="checkbox"/>	<input type="checkbox"/>

**If you answered NO to any of the above questions or would like further support:**

**visit your family doctor  
for a Well Baby Visit**



**call 8-1-1**



**call your local Public Health Unit to  
speak with a public health nurse**



**For more information:**

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