

Healthy Baby Development and Behavior



Below are milestones most babies will reach between now and 2 months old. Talk with your doctor at your baby's next well-visit if your baby is not yet reaching these milestones or there are skills your baby no longer shows each day.

Social and Emotional Milestones

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

Language and Communication Milestones

- Makes sounds other than crying
- Reacts to loud sounds

Thinking and Learning Milestones

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

Physical Development Milestones

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

Healthy Ways to Help Your Baby Learn and Grow

Development

- Hold and cuddle your baby often.
- Put your baby on their tummy for a few minutes at a time while awake. This will encourage the baby to lift its head and strengthen its neck. Do not leave your baby alone during tummy time. Take breaks when your baby is tired.

Behavior

- Use simple routines each day for feeding, sleeping, bathing and playing.
- Comfort your crying baby by talking, patting, stroking or rocking them. Consider offering a pacifier.
- Limit your screen time when caring for your baby. This helps you respond to your baby's needs and encourages your baby to learn and grow.
- Never hit or shake your baby. Your baby's brain could be damaged. Your baby could die as a result. If you need a break to calm down, put your baby in a safe place and walk away. Check on your baby every 5–10 minutes. Your baby may cry a lot in the first few months, but it will get better!

Feeding

- Feed your baby only breast milk or formula until 6 months old.
 - If breastfeeding, feed your baby on demand, usually every 1–3 hours during the day, and every 3 hours at night. Give your baby vitamin D drops (400 IU a day). Continue to take your prenatal vitamins with iron and eat a healthy diet.
 - If formula feeding, feed your baby on demand, usually every 2–3 hours. Most babies this age will take 1–3 ounces (on average) during each feeding. Hold your baby so you can look at each other during the feeding. Always hold your baby's bottle. Never prop a bottle.
- Look for signs your baby is hungry, such as putting hands to mouth, smacking/licking lips or turning the head toward the breast or bottle. Watch for signs your baby is full, such as closing the mouth or turning the head away.
- Babies are getting enough to eat if they have 6 or more wet diapers per day and are gaining weight as they should.
- Burp your baby during natural feeding breaks.

Sleep

- Remember the ABCs of safe sleep:
 - **Alone**—The safest place for your baby to sleep is alone in the crib/bassinet. It's good to have the crib/bassinet in the room where you sleep, but **don't let the baby sleep in your bed.**

- **Back**—Always place your baby on its back to sleep to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- **Crib**—Always put your baby to sleep in an empty crib or bassinet with a snug, firm mattress and tight-fitting sheet. Don't have any blankets, crib bumpers, stuffed animals, toys or sleep positioners inside the crib with your baby.
- Swaddling should not be used once your baby learns to roll over. Learn more about safe sleep for infants.
Scan the QR code

Vehicle Safety

- Use a rear-facing car seat in the back seat of your vehicle. Learn more about car seat safety and installation. *Scan the QR code*
- Never leave your baby alone in a car. Develop safe habits that prevent you from forgetting your baby in the car, like putting your purse or cell phone in the back seat. Learn more about the dangers of hot cars and how to keep your child safe. *Scan the QR code*

Home Safety

- Learn first aid for choking and cardiopulmonary resuscitation (CPR).
- Never leave your baby alone in the tub, near water or in high places like a changing table, bed or couch.
- Avoid drinking hot liquids while holding your baby. Prevent tap water burns by setting the temperature of your water heater to 120°F or below.

Find more useful, healthy tips for your family:

Cincinnati Children's Blog

Visit: blog.cincinnatichildrens.org

Young & Healthy Podcast

Listen on:



This information is meant to support your visit with your child's doctor. It should not take the place of the advice of your pediatrician.

Sources: Centers for Disease Control and Prevention | *Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents, 4th Edition* | American Academy of Pediatrics

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