

Begin now... Learn what I can do. I'm now 2 months old!

Talk

I cannot talk, but I communicate by smiling and crying. I love to hear your soothing voice.

- Communicate with me by talking, singing or cooing as you change my diaper, give me a bath, feed or dress me.
- Respond to my cries. This is how I communicate. I may have a different cry for different needs, such as being hungry, tired or needing a diaper change.
- You can't spoil me. Coming to me when I need you will help build our trusting relationship.

Play

I need lots of cuddles, smiles and soothing sounds. I may not be able to play like the older babies yet, but I have lots of fun learning about my world.

- Right from birth, I need tummy time when I am awake. Tummy time is important. It helps me develop my muscle strength, head control and balance for when I am old enough to roll over, sit and play! I may cry, but try to help me get used to being on my tummy by lying with me or placing toys in my view.
- Mirrors and mobiles are big favourites of mine.



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Learn

Right from the start, I am learning about my surroundings. I am really interested in your voice and your face.

- Sing lullabies, repeat rhymes and read to me, so I can listen to the sound of your voice.
- Hold me close, so I can study your face.
- A soothing and familiar bedtime routine can include rocking, singing, a bath, a story and cuddling with my favourite toy. Having a routine makes me feel secure.
- Read to me. Hearing you read helps me develop the sounds of language. Change the pitch of your voice and sing to help make our interaction much more fun.
- Help to sharpen my senses. Add colour to my toys and books, play upbeat music in the daytime, cuddle with me and pay attention to what I like.

Children are always learning to do new things as they move through different stages of development. As your child grows, contact Durham Region Health Department for more information.



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Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/health



If you require this information in an accessible format, contact 1-800-841-2729.

