

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.



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

Dial 311 (within regional limits)



Oct. 2025

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

