

Two-Three Months



Oshkosh - 920-233-6630
Appleton - 920-831-1132
Menasha - 920-739-4226

TOUCHING..

...CRYING

SEEING....

...FEVER



DEVELOPMENTS:

This month the baby may...

- Raise himself from his tummy to his forearms and hold his head up.
- Be attentive up to 45 minutes at a time.
- Sit supported and look around the room searching for sounds and looking for light colors, shapes and patterns.
- Bat at an object with both hands; kick with force.
- Make a sound in response to singing and talking.
- Have a routine for eating, sleeping and bodily functions.
- Smile spontaneously.
- Reduce crying as he learns to communicate his needs by sounds and motions.

ENCOURAGING ACTIVITIES:

- Hang a mobile with different objects in baby's crib for him to kick and bat. Each week hang different objects—some that make noise and some that don't—then observe your baby's reactions.
- Pull baby to a sitting position for brief periods of time.
- Prop your baby safely (car seat, stroller, baby seat/carrier, etc.) where she can watch more of the family activities when she is alert.
- Continue to talk to the baby to encourage him to respond vocally to you.
- Place your baby on her stomach on a blanket then lie down on your stomach so the two of you are head to head. Talk to your baby to encourage her to raise herself up on her forearms and look at you.

BABY HINTS:

- Pat dry, do not rub tender skin after a bath.
- Daily baths are not necessary as long as you keep baby's bottom clean. Three baths a week is good.
- A towel rack installed on the outside of the crib makes a good place to hang extra blankets and clothing.
- When a tab on a disposable diaper pulls off or will not stick, use masking tape or a Band-Aid.

Stimulating and Communicating

Talking to and touching your baby are two important things to do to help your child develop a good attitude about him or herself and about life in general. Let's examine why and how talking to and touching your child is important:

TALKING TO YOUR CHILD

- Children are born with the capacity to understand words and to learn to talk. In fact, children start to communicate their needs from the moment they are born; they just don't start using words until a couple of years later. When a baby hears his mother's voice, he will stop what he is doing and will listen. When a child is almost four months old, when someone talks to him, he will respond with noises. The noises won't be words, but nevertheless, your baby is communicating.



BABY'S FIRST SOUNDS

- The first sounds babies will make are sounds like e's and eh's and a's. Babies make these sounds when they need something. They are called "discomfort sounds." Another name for discomfort sounds is crying. Children will cry in sounds of e, eh, and a.
- Soon babies learn other sounds like ah, oh, oo. These sounds are called "comfort sounds" and you'll usually hear them when the baby feels content.
- When you pay attention to the different sounds of comfort and discomfort, you are helping establish a way your baby can talk to you. The child learns that when he makes these noises, his mother will respond by doing something. These noises will begin to show up in combinations around six months of age. At this point the baby will start to babble.



Stimulating and Communicating (cont.)

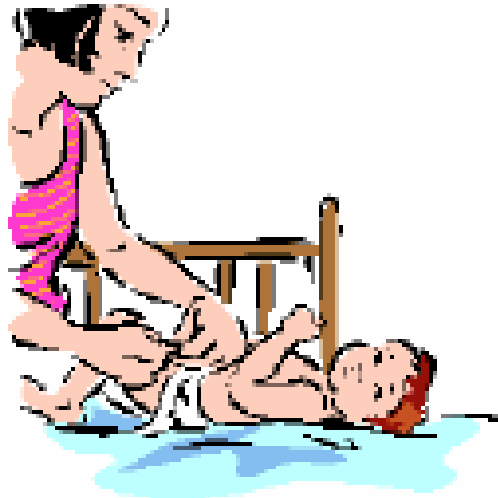
REINFORCING BABY'S SOUNDS

- Sometimes your baby will say something that sounds like a word, but isn't. Smile and praise your child for making that sound. That's baby talk. Imitate that sound back to him. When you imitate his sounds, he'll probably say them right back. Enjoy those sounds and give your child a hug. Tell him how pleased you are that he is talking.



LANGUAGE DEVELOPMENT

- Talk to your child all the time. When you're feeding him, changing his diaper, giving him a bath, putting him to bed, talk to him so he can learn to put words to certain actions and objects. We call this language development and it's very important for helping children express their needs in words. To help stimulate language development, read books with your child. Anytime during the day is a good time to read stories together, but it's an especially nice thing to do before he goes to sleep.
- Describing how your child feels is another excellent way to help her develop her language. Use words to describe how you think she is feeling: "Emily seems very sad right now," or "Tami is feeling happy." Putting words to feelings will help her be able to express how she is feeling, a skill you certainly want to develop.



Baby Proofing Your House

What is Baby Proofing?

- Baby proofing is a term to describe the actions parents take to make the living conditions of a house safe for a child.

Why Baby Proof?

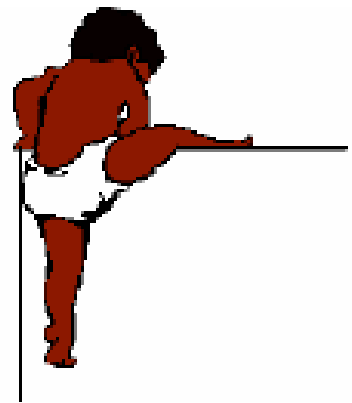
- Children, especially babies, love to explore. Touching, pulling, grabbing and eating are just a few of the ways young children explore their environment. Since babies are generally too young to know what is safe to play with and what is potentially dangerous, parents baby proof a house to protect children from getting hurt, or in some instances, even killed.
- Parents also baby proof their house to enhance the positive interactions they have with their children. A house where dangerous objects are out of reach is a house where parents aren't constantly saying "no."

Is Your House Baby Proofed?

- You probably wonder at times whether your house is safe enough for your growing baby to play in without a high risk for injury. There are two things you can do to see if your house is safe for babies:
 1. Get down on your hands and knees and view the world as a baby would. What you can pull, grab, bite; so can your child. Move tempting and dangerous objects out of reach.
 2. Walk through the house and look for dangers. Will he reach that shelf, will he push that button? Can he climb that chair? You'll soon find out in the months to come. Be prepared, baby proof today.

Once Baby Proofed, Always Baby Proofed?

- Right? Wrong! Babies grow along with their ability to reach for objects, climb on furniture, open drawers, and walk up and down stairs. You will continually need to modify your house as your child continues to grow. Cheer up though. The good news is as your child grows older, he's in a safe environment.



* 1985 Family Development Resources, Inc. This information is taken from "The Nurturing Program for Parents and Children" by Stephen J. Bavolek, Ph.D and Juliana Dellinger Bavolek.

SAFETY CHECKLIST

The following safety checklist is designed to ensure your house is safe enough for your toddler to play in with only minimal risk of injury. Take some time now to go over this checklist, room by room, to make it safe for your child. Make it a habit to re-check your house at least once a month.

All Rooms

TO DO	ACTION	DONE
<input type="checkbox"/>	Put electric outlet covers on all unused outlets.	<input type="checkbox"/>
<input type="checkbox"/>	Put a gate across all stairways, top and bottom, until child can handle stairs.	<input type="checkbox"/>
<input type="checkbox"/>	Remove or pad sharp corners on furniture and appliances.	<input type="checkbox"/>
<input type="checkbox"/>	Remove throw rugs on tiled floors.	<input type="checkbox"/>
<input type="checkbox"/>	Use non-skid floor wax on wood, tile, or linoleum floors.	<input type="checkbox"/>
<input type="checkbox"/>	Keep all plants out of baby's reach.	<input type="checkbox"/>

Kitchen

TO DO	ACTION	DONE
<input type="checkbox"/>	Put all cleaning supplies on a top shelf out of reach of children.	<input type="checkbox"/>
<input type="checkbox"/>	Install safety locks on all kitchen cabinets below waist level. You may want to keep one cabinet with pots, pans and unbreakable bowls unlocked for child's exploration.	<input type="checkbox"/>
<input type="checkbox"/>	Turn pot handles toward back of stove when cooking.	<input type="checkbox"/>
<input type="checkbox"/>	Take knobs off of gas ranges when not in use.	<input type="checkbox"/>
<input type="checkbox"/>	Have a secure cover for the garbage can.	<input type="checkbox"/>
<input type="checkbox"/>	Install safety locks on kitchen drawers with knives and other sharp utensils.	<input type="checkbox"/>
<input type="checkbox"/>	Keep all breakable bowls out of the cabinets with the pots and pans.	<input type="checkbox"/>
<input type="checkbox"/>	Remove throw rugs from kitchen floors.	<input type="checkbox"/>
<input type="checkbox"/>	Make sure highchairs are stable and have safety straps.	<input type="checkbox"/>
<input type="checkbox"/>	Remove tablecloth to prevent toddlers from pulling it off.	<input type="checkbox"/>
<input type="checkbox"/>	Keep items in use such as glasses, jars, bowls, utensils, etc. well back on the kitchen counter.	<input type="checkbox"/>
<input type="checkbox"/>	Remove pet food bowls to an area inaccessible to your baby.	<input type="checkbox"/>

Basement, Garage, Attic

TO DO	ACTION	DONE
<input type="checkbox"/>	Throw away all old paints; store on a high shelf cans of paint thinner, paint, stains, etc.	<input type="checkbox"/>
<input type="checkbox"/>	Store all tools in a locked tool chest or shelved out of reach.	<input type="checkbox"/>
<input type="checkbox"/>	Lock all doors securely.	<input type="checkbox"/>
<input type="checkbox"/>	Keep garden tools, lawn mowers, snow blowers out of reach of young children.	<input type="checkbox"/>
<input type="checkbox"/>	Keep keys to electric machines safely out of reach.	<input type="checkbox"/>
<input type="checkbox"/>	Take doors off of old refrigerators and freezers.	<input type="checkbox"/>
<input type="checkbox"/>	Store pesticides and fertilizers on high shelves out of reach of children.	<input type="checkbox"/>

SAFETY CHECKLIST (cont.)

Living Room

TO DO	ACTION	DONE
<input type="checkbox"/>	Secure lamps and other freestanding objects.	<input type="checkbox"/>
<input type="checkbox"/>	Fence off fireplaces, wood stoves, space heaters, radiators, and heating grates.	<input type="checkbox"/>
<input type="checkbox"/>	Remove all breakable knickknacks and ashtrays.	<input type="checkbox"/>
<input type="checkbox"/>	Lock all gun cabinets.	<input type="checkbox"/>
<input type="checkbox"/>	Attach electrical lamp cords and extension cords to tables or baseboards.	<input type="checkbox"/>
<input type="checkbox"/>	Remove coffee table and other sharp-edged furniture from child's access and play areas.	<input type="checkbox"/>

Bedrooms

TO DO	ACTION	DONE
<input type="checkbox"/>	Install a night light for night time trips to the bathroom.	<input type="checkbox"/>
<input type="checkbox"/>	Move furniture and cribs away from windows.	<input type="checkbox"/>
<input type="checkbox"/>	Place safety locks on all windows and screens.	<input type="checkbox"/>
<input type="checkbox"/>	Make sure bars on cribs are no more than 2 1/2 inches apart.	<input type="checkbox"/>
<input type="checkbox"/>	Make sure mattress fits bed frame snugly.	<input type="checkbox"/>
<input type="checkbox"/>	Install bumper pads on inside of crib for young infants, the soft kind that bend or fold when stood on.	<input type="checkbox"/>
<input type="checkbox"/>	Remove mobiles over bed once child is capable of sitting or pulling to sit.	<input type="checkbox"/>

Bathroom

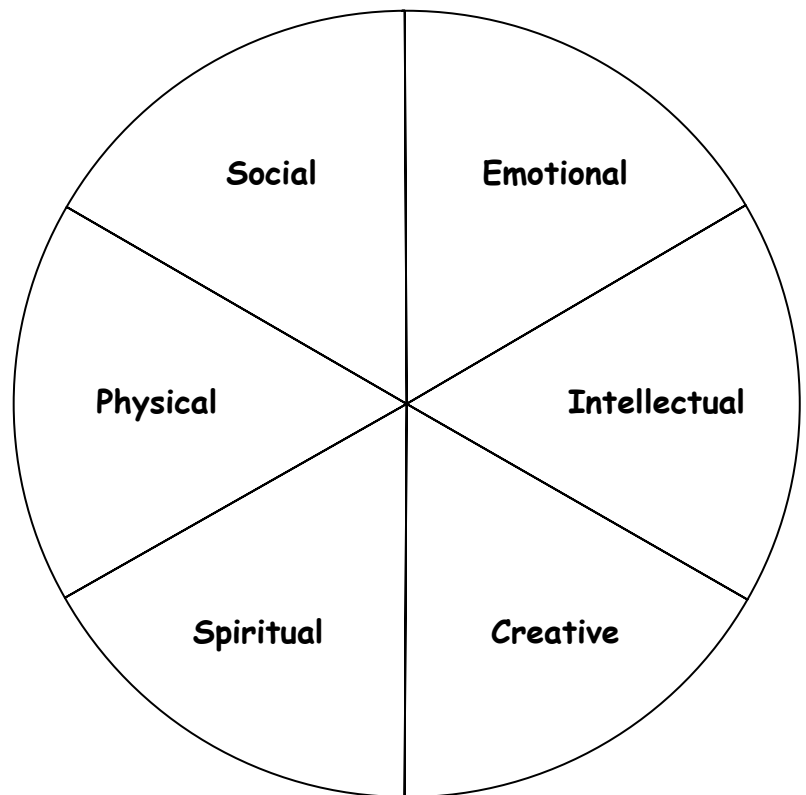
TO DO	ACTION	DONE
<input type="checkbox"/>	Store all electrical appliances such as hair dryers, curling irons, electric toothbrushes in the bathroom cabinet or closet.	<input type="checkbox"/>
<input type="checkbox"/>	Put safety locks on all bathroom cabinets.	<input type="checkbox"/>
<input type="checkbox"/>	Remove all electrical appliances near water.	<input type="checkbox"/>
<input type="checkbox"/>	Place a non-skid bath mat on the bottom of the tub.	<input type="checkbox"/>
<input type="checkbox"/>	Buy a rubber safety cover for the bathtub water faucets and spout to prevent accidental head injuries and scalding.	<input type="checkbox"/>
<input type="checkbox"/>	Keep all medicine in a locked medicine cabinet.	<input type="checkbox"/>

PARENT NEEDS

As humans we have needs which fall into 6 basic categories.

Take a look at the pie. Shade in from the center outward, in each category, how much your need is being met.

Are your needs balanced?



A day without your basic physical needs being met can cause you stress.

Social Needs

The need for friendship, for companionship.

Emotional Needs

The need for love, for praise, for feeling worthwhile.

Intellectual Needs

The need for intellectual stimulation, for thinking new thoughts, for reading hard books, for learning something.

Physical Needs

The need for sleep, for food, for exercise.

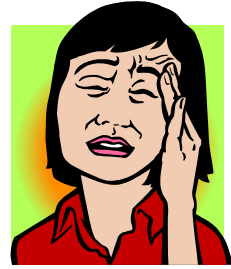
Creative Needs

The need to make something, to dance, to write a poem, to create something.

Spiritual Needs

The need to know that we are a part of something bigger than ourselves and that we can increase our awareness of it and the sensitivity to it.

Stress Management Techniques



Get Organized

If you feel your life is out of control, you have too much to do and not enough time, you may wish to start here in developing your stress management skills. Briefly discuss each of the following:

- Valuing: What's really important? Are you spending too much time on non-essentials?
- Planning: Are you clear about what you want to accomplish and when?
- Time Management: Do you ever ask "Where did the day go?". Examine your habits. Do you procrastinate, deal with the trivial first, jump from task to task?
- Pacing skills: Do you get behind and then work in frantic bursts? Do you schedule your time?

Change the Scene

If you feel a need for more support, or if your physical surroundings cause tension you may wish to try these stress management techniques:

- Contact skills: Humans need contact with others. Form supporting relationships, invite someone in for coffee, introduce yourself to others.
- Creating a relaxing environment: Locate a place that is yours alone at work or at home. Decorate for comfort and for atmosphere, consider using books, lights, photos, and chairs.

Improve Communication Skills

If you say "yes" to too many things, find yourself being misunderstood, or feel confused, take a look at the following communication skills:

- Listening skills: Do you really hear others? Listening alleviates stress by building a support network. Are you tuned into others' feelings as well as their words?
- Assertiveness skills: Have you learned the art of saying "no"? Memorize "no thank you." Practice it without making excuses. Respect yourself.
- Fight: Swallowing anger eats up life energy and anger ferments inside. Is the issue worth fighting over? If it is, learn to fight fairly.
- Flight: The art of a graceful retreat can often buy time to regain your strength. Take care that this technique is not abused.



Your Baby's Sleep Problems

My child is 3 months old. Is it too early to let her "cry it out" and fall asleep on her own?

There is not a set age to begin sleep training. Some children are ready as early as 3 months; others need a little more time. (Dr. Mindell recommends starting before a child's sixth month—the process becomes more difficult after she can pull herself up in her crib.) However, you should never just let your child "cry it out." Instead, check on her frequently to make sure she's all right. This will not only reassure and help calm your baby, but also ease your nerves. Finally, once you decide that the time is right for sleep training, start with bedtime. Only after your child has learned to fall asleep at night—which usually takes about a week—should you incorporate this method at naptime.

My 5-month old refuses to nap! As soon as I put him in his crib, he starts crying, and he doesn't stop until I pick him up. I try to wait 15 minutes before going in to see him, but it doesn't seem to help. In fact, the only way he'll doze off is if I rock him. What should I do?

The only thing you *shouldn't* do is leave your baby to cry for 15 minutes and then rock him to sleep. This teaches him that if he cries long enough, you'll pick him up. You have two options: either let him fuss until he learns to fall asleep on his own (while you frequently check on him), or promptly pick him up after he starts fussing, play with him for five to ten minutes, then put him down again. Remember, your goal is to teach your baby to fall asleep on his own—how you get there doesn't matter.

Every night, I put my 5-month old to sleep on her back, but she's taken to rolling onto her tummy. Is this dangerous? I'm concerned about SIDS.

Many parents worry when their child starts rolling over at night, but once infants reach this stage of development, they are generally no longer at risk for SIDS. You don't have to keep rolling her back over, but do talk to your pediatrician to make sure your child doesn't have any other risk factors for SIDS. Also, avoid putting anything in the crib—such as blankets or stuffed toys—that she can roll onto.

My 6-month old wakes up at least twice a night, and the only way he'll go back to sleep is if I nurse him. How can I break this routine?

Do you also nurse him to sleep at bedtime? If this is the case, you need to teach him how to fall asleep on his own. For the next week, feed him earlier in the evening and rock him to sleep instead. Once you've broken the association between nursing and slumber, put him in his crib while he's awake. Obviously, it isn't going to be easy—it will probably take three to five nights before he learns to fall asleep this way. (Throughout this transition, feel free to nurse him back to sleep if he wakes during the night.) But whatever you do, don't give up. Once your baby has learned how to soothe himself at bedtime, he'll be able to fall back to sleep in the middle of the night without your help.

Strategies from Parents advisory-board member Jodi-Mindell, Ph.D., author of *Sleeping Through the Night: How Infants, Toddlers, and Their Parents Can Get a Good Night's Sleep* (HarperCollins, 1997). Taken from Parents Magazine, Feb. 2002.

Activities & Games

(1,2,and 3 months old)

Muscle Control & Body Awareness

Beach Ball Rock

Inflate a beach ball until it is almost full and then place your baby on top of it on his tummy. Hold him securely as you gently rock him back and forth, side to side, and round and round in time to your singing or a recording. Start rolling him slowly and speed up the motion, as he gets accustomed to it. He will soon begin to recognize when he should tighten his muscles in order to participate in maintaining his balance.

Inching forward

You can help give your baby the chance to feel himself push forward, even before he learns to crawl. When you see him making pushing or swimming motions while lying on his tummy, press your hands firmly against the soles of his feet. He may push against your hands and inch forward. If he does not, try the exercise again at a later date.

Mirror Activity



Place the baby on her back. Hold a hand mirror so she can see her face reflected in it. Hold the mirror 8 to 10 inches away from the baby's face and slowly move it in a curve from one side to the other so that the baby tracks her own reflection.

Hearing and Language

Bell bracelets

You can use the fascination of sound to increase your baby's awareness of his hands and feet. Tie a ribbon strung with one or more small jingling bells around his wrist. Lift his arm to shake the bell and make it ring. If he notices the tinkling sound, he may start moving his arm in order to make the bell ring. Try moving the bells from wrist to wrist and later to the ankles. Make sure the bells are securely fastened to the ribbons, so the baby cannot pull them off and swallow them. Remove the bells after five or ten minutes.

More conversation

Encourage your baby's language development by talking to him as much as possible. Describe what you are doing as you feed him, bathe him, clean his room. Name objects for him - especially those that he can handle, such as his bottle or a rattle. Hold up an item as you discuss it. Use his name often.

House tour

Add a variation to your conversations with your baby by carrying him on tours of the house when he wishes to be held. Watch for the objects that seem to attract his attention because of their shapes, bright colors or sounds, and emphasize those in your talk. As during routine activities, describe what you are showing the child: "This is the faucet where we get our water. Listen to the hiss when the water runs." If your baby wants to touch the water, or anything else that will not harm him, encourage him to do so.

** Source: Your Baby's First Year*



Activities & Games

(1, 2, and 3 months old)

Vision and Perception

Picture gallery

Babies enjoy looking at people or pictures of them, especially the people they are getting acquainted with. So if you do not already have a display of family photographs on a wall or table, create such a collection of large photos and introduce your child to it. Let him view the pictures frequently while you name the people in them. Let him touch the pictures if he wants to; although, of course, not in a manner that would endanger either the baby or the photographs.

Ring on a string

Attach a shiny ring or another bright object to one end of a string. Place the baby in his infant seat and, holding the free end of the string above him, make the ring slowly circle the child's head at his eye level. Keep the ring circling in one direction and watch your baby's eyes as he learns to anticipate the predictable reappearance of the ring on one side of his head after it passes out of sight on the other side. The game will expose him to the regularity of objects in motion.

Bubble watch

Babies who are old enough to see soap bubbles are usually fascinated by watching those iridescent spheres drift magically through the air. But this pastime also gives your child practice in tracking moving objects through eye and head movements. Take care to blow the bubbles away from your baby; a bubble bursting on his nose can startle the little one and the soap mixture can sting his eyes.

Shake play

This simple game helps develop your baby's motor skills as well as vision judgment and the coordination between the two. Begin the exercise by putting into your baby's hand a toy that is easy to grasp and makes a noise when shaken, such as a rattle or an oversize play key ring. Shake that hand so the noise will attract the child's attention. See if he lifts the toy into his line of vision to discover what is creating the racket. If he does not, raise his arm for him and shake the toy again, while you talk to him about what

is happening. Then try the other hand.

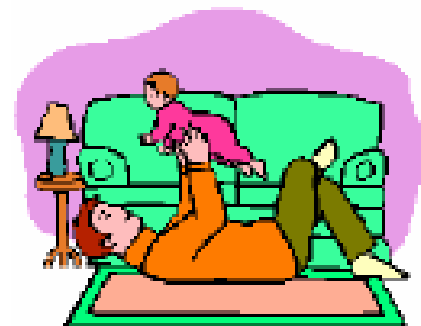
Emotional and Social

Giggle games

By the time your baby is in his fourth month, he loves to play surprise tickle games. Chant a rhyme or any narrative in a sing-song voice: "The itsy bitsy spider..." and "Here comes a buzzy bee..." are two old favorites for developing his sense of humor. As you recite the litany, your fingers creep like a spider's or a bee's tiny, soft footsteps up the baby's arm or leg to a ticklish area such as his neck or midriff. Be careful as you deliver the coup de grace, however: Too much tickling can over stimulate him and provoke confusion.

Riding a pony

If you are typically loving and obliging parents, you and your spouse will be your child's "ponies" or "horsies" for many years to come. The baby will ride on your feet, knees, back and shoulders until both of you wearily yearn to be turned out to pasture with Old Dobbin. There is value in your sacrifice, however. Your baby not only improves his capacity for social relationships by bonding tightly to these trustworthy mounts, but he develops his balance and muscle coordination as well. In the earliest stage, lie on your back, knees up. Place your baby securely on your lower legs, facing you, as you hold his hands in yours. Move your lower legs slowly up and down while you show your pleasure in the game with joyful facial gestures and by fixing your gaze on your child's eyes. And, as in almost all games that involve movement, sing a song at the same time.



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