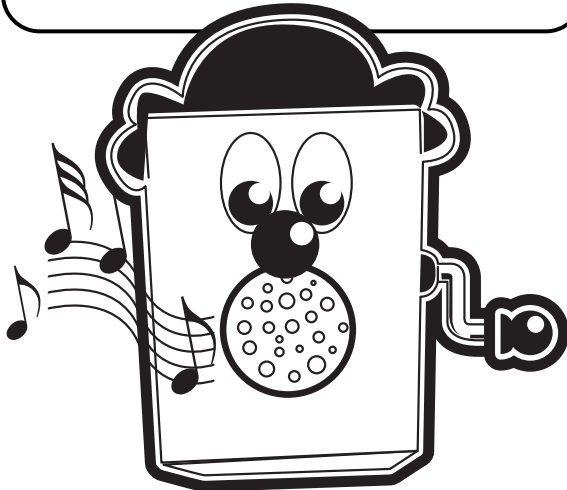


# Good toys

for a 2 month old baby:

- Small shatter-proof mirror
- Teething ring
- Toys that make noise (rattles or squeaking toys)
- Stuffed animals



Your baby can choke on any toy or part of a toy that is small enough to fit through a toilet paper roll. Make sure all toys are bigger than this.

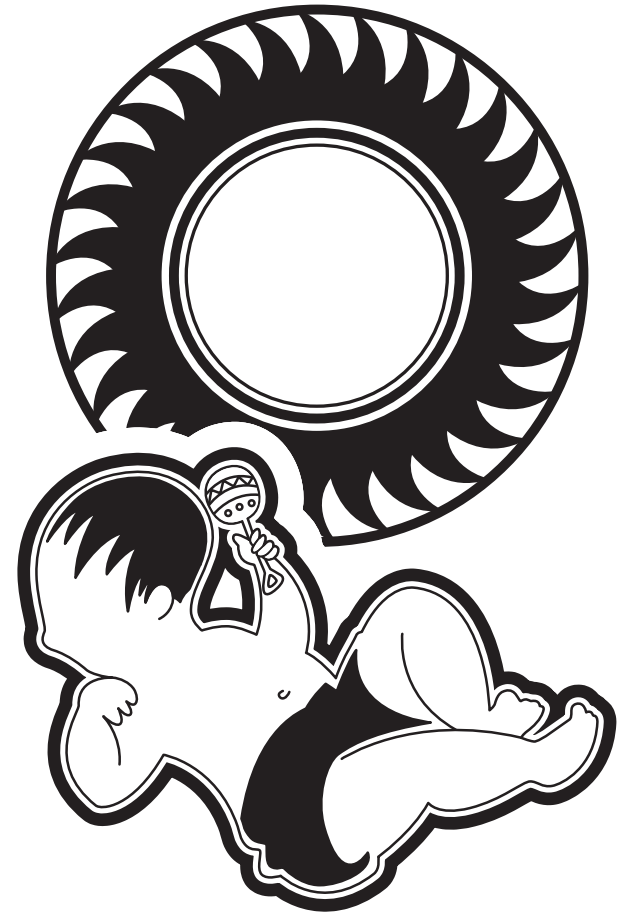
# Benefits of Breastfeeding

Human milk is the perfect food for human babies. **Breast milk is:**

- Cheaper than formula
- Always ready  
(no mixing or equipment needed)
- Perfectly clean
- At the right temperature

# Who benefits from breastfeeding?

The entire family! Because together they support a natural and healthy way of feeding the new member of the family. Breastfeeding is good for mom and baby in many ways. Your clinic is ready to help you with your breastfeeding questions or concerns.



# Child Development – 2 Months Old

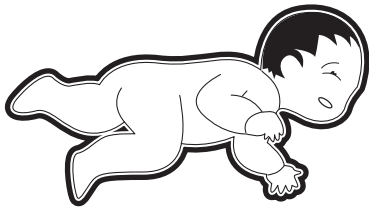
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Version française disponible

## Design et illustrations : Le Zeste graphique



Conseil Cri de la santé et des services sociaux de la Baie James  
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 Cree Board of Health and Social Services of James Bay



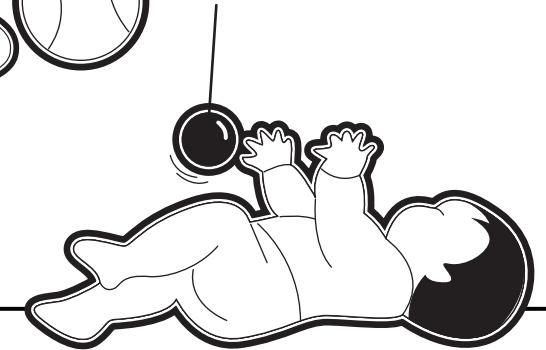
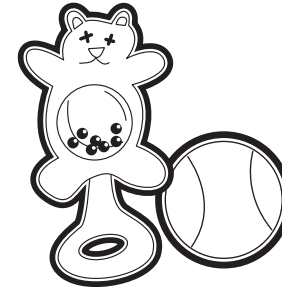
## Your baby may be able to:

- ▶ Look at faces and objects; turning his head side to side past halfway
- ▶ Lift his head and look forward while on his tummy
- ▶ Respond or startle to noise
- ▶ Smile when you talk or smile at him, or if he feels good
- ▶ Make throaty and single vowel sounds ("ah", "uh") and coo
- ▶ Make sounds ("talk") more when you talk to him
- ▶ Make matching movements with both sides of his body.



## You can help your baby develop with these activities:

- ▶ Pick her up and rock her often
- ▶ Gently squeeze squeaky toys for her
- ▶ Play with her
- ▶ Change her position often
- ▶ Play music
- ▶ Put a mobile above her crib
- ▶ Put her on her tummy on a firm surface to play (turn her over to her back if she falls asleep)



## You can help your baby learn to speak with these activities:

- ▶ React and encourage your baby when he makes sounds ("talks")
- ▶ Talk to him often
- ▶ Hum or sing to him
- ▶ Talk to your baby about things that are going on around him, or what you are going to do together – in the house, at the store, bath time, etc

