

DEVELOPMENT

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Lift and hold their head while on their tummy?				<ul style="list-style-type: none"> • Give me many chances to play on my tummy while I'm awake, it helps me build strong arm and shoulder muscles and prevents a flat head. • Offer me your fingers or toys to hold on to. • I need my hands uncovered to explore. • Play with me - move my arms or legs at the same time. • Touch me as you care for me - hold me skin to skin and massage me. Learn how I like to be handled. • Take a moment to watch me, wait and listen to me. • When I try and communicate respond to me by looking at me, talking to me and copying my actions, voice and sounds.
Grasp your finger when you touch their hand?				
Move both arms and legs equally well?				
Enjoy being touched or cuddled?				
Repeat the same sounds a lot (cooing, gurgling)?				
Make different kinds of cries to tell you when they are tired, hungry or in pain?				



VISION AND HEARING

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Look at your face and smile when you are holding them?				<ul style="list-style-type: none"> • My favorite thing to look at is your face. Turn off your phone, computer and TV and look at me. • I see best if objects are about 18-45 cm (7-18 inches) away from me. • Hang a mobile a safe distance above or outside my crib. • Sing songs and nursery rhymes to me. • Talk to me. I love to hear your voice. • Good hearing is important so I can learn right from birth. • Hearing can be tested at any age.
Follow moving objects with their eyes?				
Recognize your voice and quiet down if crying?				
Need newborn hearing screening or any follow up testing?				



NUTRITION

Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Breastfeed or get any breast milk?				<ul style="list-style-type: none"> • Breast milk is best for me and protects me from infections. • If you feed me formula, give me iron-fortified formula. • Hold me and look at me while I'm feeding. • Feed me according to my hunger and fullness cues. • Remember, I cry for many reasons, not just hunger. • My body is not ready for solids until I am 6 months old. • Breastfed babies, and babies who drink less than 1000 mL of formula a day, need a vitamin D supplement of 400 IU each day.
If formula-fed, get iron-fortified formula?				
Have breast milk or formula only (no solids)?				
Get a Vitamin D supplement?				



2 Month Baby Checklist

HEALTHY SMILES				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Live with anyone who has cavities?				<ul style="list-style-type: none"> I can get cavity-causing germs from other people's mouths. Avoid putting any things in my mouth that have been in your mouth such as a toothbrush or soother. Keep your mouth clean and healthy, too. Wipe my gums daily with a clean damp washcloth and change to a toothbrush with a smear of fluoride toothpaste when I get my first tooth.
Have their mouth cleaned every day?				
BEHAVIOUR				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Have any behaviours that you find hard to manage?				<ul style="list-style-type: none"> I may cry a lot right now. Never shake me. It is normal for me to wake up every few hours at night.
LIFESTYLE				
Does your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Live with or spend time with anyone who smokes?				<ul style="list-style-type: none"> Keep me smoke-free. I don't want to get pneumonia, bronchitis, colds, ear infections, sore throats, or worsening asthma.
Live with or spend time with anyone who vapes?				<ul style="list-style-type: none"> Keep me away from the e-juice. It can smell great like blueberries or bubble gum, but can contain enough nicotine to poison me or my pet. Prevent burning me. E-cigarettes look cool but they burn hot. Keep the vapour away from me. It has chemicals that aren't good for me like formaldehyde, heavy metals as well as nicotine which is bad for my brain.
SAFETY				
Is your baby...?	Yes	No	Some-times	Tips for Healthy Growth and Development
Placed securely in a rear-facing car seat?				<ul style="list-style-type: none"> Keep me in a rear-facing car seat for every trip until I am at least 1 year old and weigh 9 kg (20 lbs). The middle seat in the back is safest for me. I may start to roll, so don't leave me alone where I can fall or get stuck. I should sleep in my own bed in your room for the first 6 months of life.
In a safe place if you leave the room?				
Put to sleep on their back?				



If you have questions or would like more information, contact your Public Health Unit or call 8-1-1 to speak with a nurse, dietitian or pharmacist.

Information is also available in your Baby's Best Chance book, or online at <https://www.healthyfamiliesbc.ca/parenting/>, <http://www.healthlinkbc.ca/> or www.healthlinkbc.ca/babys-best-chance