

## HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 2-month-old—a great way to have fun together and support your child’s social-emotional development.

### **Baby Talk**

Learn your baby’s special language. They will “talk” to you with sounds and gestures and let you know when they’re happy, uncomfortable, hungry, or lonely.

**Materials Needed: None**

### **Peekaboo**

You can begin to play simple games with your baby such as Peekaboo. Put a cloth over your head and peek out. Say, “*There you are!*”

**Materials Needed: Cloth or blanket**

### **New Sights and Sounds**

Make life interesting for your baby. Go for a walk. Introduce new sounds and places to them from the safety of your arms.

**Materials Needed: None**



**NOTES:** \_\_\_\_\_  
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### Infant Massage

Give your baby a little massage after a bath or diaper change. Rub their tummy very gently. Talk to them. Say, “*Rub-a-dub, I’m rubbing your tummy. Do you like how that feels?*”

**Materials Needed: None**

### Story Time

It is never too early to start reading books with your baby. Choose simple board books at first and talk about the pictures you see together. Cuddle up close.

**Materials Needed: Board books**

### Baby’s View

Let your baby lie on a blanket on the floor and get down on the floor with them. See the world from their point of view. Talk to them about what they’re seeing. Say, “*There is the light.*”

**Materials Needed: Blanket**



Want to learn about developmental milestones for your 2-month-old?

Visit <https://bpub.fyi/CDC2month>