

Your Growing Baby:

At one month, your baby may be able to:

- Hold his head up for several seconds
- Look at your face
- Get quiet or make big eyes when she hears sounds
- Smile

At two months, your baby may be able to:

- Hold a rattle for a little while
- Look at lights or things that are close (8 to 15 inches away)
- Smile when you smile at him
- Make "oo" and "aa" sounds
- Look at you when you talk to her

Health care:

- Baby needs a smoke-free home and car.
- Take baby outside for fresh air.
- Avoid crowded places. Very young babies can pick up germs easily.
- Keep baby away from sick people.
- Wash your hands before and after you care for baby.
- Your baby needs a well child checkup when he is two months old. Your baby will get shots at this check up.

Safety:

- Your baby may roll off a bed or sofa. Stay next to him!
- Put your baby to sleep on her back.
- Your baby needs to sleep by himself in a safe crib or bassinet.
- Don't give baby toys with small parts. Baby may choke on them.
- Don't prop bottles up. Baby may choke.
- NEVER shake or throw baby into the air!
- Turn your hot water heater to 120 degrees Fahrenheit or less. Your baby can get burned if your water is too hot.
- NEVER leave baby alone, even in a little bit of water. Baby can drown.

Car Safety

- Put your baby in her car seat every time she is in a vehicle.
- Use an infant car safety seat that faces backwards.
- Put the car safety seat in the middle of the back seat.
- Be sure the car safety seat is fastened into the vehicle the right way.
- Be sure your baby is strapped into the car seat the right way.
- Car seats get very hot in warm weather and can burn your baby. Cover the car seat with a light blanket or towel.
- NEVER leave your baby alone in a vehicle-not even for a minute!

What can I do if my baby cries a lot?

- Change his diaper if needed.
- Cuddle and rock your baby.
- Take baby for a ride in the car. Always use a car safety seat, even for a short drive.
- Take your baby for a walk.
- Sounds can soothe baby. Let baby listen to music, a clothes dryer drying, or a vacuum going.
- Gently burp your baby.

Why does my baby sneeze so much?

- Babies can't blow their nose.
- Sneezing clears baby's nose.
- If your baby has a cold, saline drops and a bulb syringe can help clear baby's nose. You may also want to try using a cool mist humidifier when your baby has a cold.

One- to two-month-old baby



Your Growing Baby:

continued...

What are normal bowel movements (poops)?

- Soft, seedy, yellow stools for breastfed babies
- Firm, dark, yellow or brown stools for bottle-fed babies
- Your baby may have a bowel movement several times a day or only once every few days.
- Your baby may strain and turn red during a bowel movement.
- Babies pass a lot of gas.

How can I tell if my baby is too hot or too cold?

- Feel the skin under your baby's shirt.
- If your baby's skin is hot or sweaty, take off some clothes or covers.
- If your baby's skin is cool, baby may need more covers.
- Your baby's hands and feet may feel cool even if baby is warm.

What can I do so my baby doesn't get a diaper rash?

- Change your baby's diapers after every pee or poop.
- Wash diaper area with warm water every time you change a diaper.
- Pat baby's bottom dry.
- Let your baby's bottom air-dry when you can.
- You may use a diaper cream or petroleum jelly after each diaper change.
- If your baby does get a diaper rash, talk to your baby's doctor or nurse.

What kinds of toys are good for one-month-old babies?

- Mobiles with brightly colored objects
- Toys that play soft music
- Unbreakable mirrors

What kinds of toys are good for one to two-month-old babies?

- Mobiles with brightly colored objects
- Toys that make soft sounds or play music
- Rattles
- Soft toys that are easy to hold

Things you can do to show you care about your baby:

- Read to your baby.
- Talk and sing to your baby.
- Tell your baby she is special.
- Hold, pat, and touch your baby.
- Gently hug and kiss your baby.
- Play soft music for your baby.
- Have a daily routine. When things happen at regular times, baby will feel secure.
- Always hold baby when you feed him.

One- to two-month-old baby