

# Baby's First Wish

Cooperative Extension Service  
New Mexico State University

A h a p p y & h e a l t h y l i f e

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Dear  
Parents:

2 Months Old

It's fun to  
watch your  
baby grow!



Your baby is beginning to take interest in everything. While she is awake, she busies herself with looking, listening and learning. Even though she can't really talk yet, she lets you know how she feels by crying, smiling or screaming.

If she is a quiet baby, she spends a lot of time just looking. If she is an active baby, she does a lot of smiling or screaming, depending on how she feels!

Your baby is beginning to learn about herself as a person. And you, as her parent, are learning all about her!



# What's It Like To Be



## How I Grow

- I still wobble my head a little when I am propped up.
- I hold my head up for a few minutes when I'm on my back.
- I hold onto things for a little while.
- I move my arms and legs and "bicycle" with my feet when I get excited.
- I stay awake for as long as 10 hours a day.
- I may even sleep for as long as 7 hours a night. Be patient with me if I still wake up during the night—pretty soon I'll be able to sleep longer!



## How I Talk

- I gurgle, laugh, and smile when I'm happy.
- I like to try out cooing sounds.
- I cry to let you know when I want something.

# 2 Months Old?

## How I Respond

- I blink at shadows made by my own hands.
- I follow you with my eyes when you move around
- I like to stare at people and things.
- I smile at others besides my mother.
- I quiet down when I suck my fingers, a bottle, or a pacifier.
- I perform just to get your attention.

## How I Understand

- I recognize different voices and people.
- I recognize a few objects, such as my bottle.

## How I Feel

- I feel happy, scared, or uncomfortable at times.



## A Crying Baby What To Do

There are a number of reasons why your baby may cry. Here are a few of them:

- He may be dressed too warmly, or not warmly enough. Adjust his clothing to make him more comfortable
- He may have an air bubble in his stomach, which makes him uncomfortable. Gentle burping may help. Air bubbles keep your baby from feeding as much as he needs. You might try feeding again after burping.
- He may have diaper rash. Leave his diapers off for a while. Try powdering his bottom with a little corn starch instead of baby powder. Free circulation of air helps skin to heal and most babies love the freedom of not wearing a diaper. If the weather is cold, wrap him loosely in a blanket.
- He may want to be held close. Talk to him, cuddle him, and rock him for a while.

He may be bored. Try these:

- Turn him over on his bed to give a different view.
- Hang something over the bed that he can watch
- Play some soft music.

# Feeding Your Baby

Parents used to think that feeding solid foods at bedtime would help their babies sleep through the night. Not true! If your baby is hungry, give her breast milk or formula—it will help her sleep.



## No Solids Yet

There are good reasons for waiting to feed solids. Your baby's digestive system is not ready yet to handle foods other than milk. Her tongue and swallowing movements won't develop enough for solid foods until she is about 4 months old.

## Sleeping Through The Night

Babies will usually sleep through the middle-of-the-night feeding by the time they weigh about 11 pounds.

If your baby sleeps through the 10 p.m. feeding or the last feeding of the day, you may want to wake her up at 11 p.m. for a feeding. She will then probably sleep through the night until 5 or 6 the next morning. But some 2-month olds will wake up every 4 hours to be fed, day or night.

## Questions

**Q.** "My baby likes to sleep on her back or side. Is this position bad for her? Should I try to change this habit?"

**A.** Some parents worry that babies sleeping on their back or side may choke on spit-up during sleep. There is no evidence that sleeping on the back causes choking.

Your baby may not like sleeping on her back or side, but it may help protect her from Sudden Infant Death Syndrome.

Make sure your baby is sleeping on a firm surface. Don't use fluffy blankets or comforters under the baby. Don't let the baby sleep on a waterbed, sheepskin, or other soft materials. When your baby is very young, don't place soft stuffed toys or pillows in the crib with her. While these toys and other things are cute, some babies have been smothered with these soft materials in their cribs.

For more information about infant sleep position, talk to your doctor, or call 1-800-505-CRIB.

### Remember:

Your baby is the best judge of how much she needs at each feeding. Be careful not to force her to feed longer than she wants. She will change her feeding pattern when she is ready.

# Games Babies Play

## Learning-To Look: An Eyes-And-Ears Game

Playing with your baby gives her a chance to explore the world and satisfy her growing curiosity. She will enjoy your loving attention, and benefit from it.

### Purpose Of Game

- Trains your baby's eyes to follow an object and to pay attention.

### How To Play

- Put your baby on her back. Stand behind her and put your hand gently on her stomach. Try to keep her from seeing your face. You want your baby to watch the object and not you. (Remove your hand from her stomach if it bothers her).
- Hold a noisemaking object, like a ring of keys, about a foot above her face.
- Shake the object gently until she looks at it.
- Watch your baby's eyes to see how she follows the object.
- Move the object slowly in a circle in the air, around her head.
- Change the direction of the circle. If your baby can't follow the object in a circle, make only part of a circle.



### Other Eyes-And-Ears Games

- Put mobiles over your baby's crib so that she can watch them as they move.
- Move objects back and forth in a straight line in front of your baby.

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## Watch Out!

Don't leave your baby alone on a table or chair. You will be surprised at how fast a baby can turn and roll off! That quiet baby can wiggle.

### Remember:

Check with you doctor, nurse, or clinic about the immunizations that your baby needs.

# More Than 6 Million Adults in the U.S. are Single Parents



If you are a single parent, your child's needs will be even more demanding on you. It is easy for single parents to become so involved with their children that they stop seeing other people. But you need to spend time with other adults. Share family activities, such as outings with friends you enjoy being around.

Check the following places for news about parent groups and other activities which may interest you:

- Local newspapers
- Religious groups
- Service organizations
- Library bulletin boards

Don't limit yourself to events and groups labeled "for single parents."



# Some Easy Exercises To Help You Relax



## Be Good To Yourself

A good reference book about your child's development is *What to Expect the First Year*, by Eisenberg, Murkoff and Hathaway (1996). You can purchase it from a bookstore, online or look for it in your public library.

If you have questions, call your county Extension office. Phone numbers are listed on the last page of this newsletter.

Allow time each day for relaxation and exercise—you've earned it! These exercises only take a few minutes and will make you feel refreshed again:

- Lie flat on your back. Take a deep breath. Now breathe out slowly. Repeat 5 times.
- Lie flat with your arms at your sides. Move your arms out to shoulder level, keeping elbows stiff. Then raise your arms over your head and bring your hands together. Repeat 5 times.
- Lie flat, then raise your head, touching your chin to your chest. Try not to move any other part of your body. Repeat a few times.



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### Coming Next:

- Exercises To Loosen Up
- Games Babies Play



# Baby's First Wish

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Another 4-H Prevention Program

Order Alert: *Baby's First Wish* is an educational program from NMSU's Cooperative Extension Service. This newsletter series is designed for parents with young children. To order the series, contact your county Extension office. 2002

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2 Months

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