

Infant Milestones and Care: By 2 Months

As your baby grows, they will have a lot of “firsts”—their first smile, first laugh, first steps. These are called developmental milestones. And they can help tell you if your baby is healthy and growing up well.

Keep in mind, milestones are not fixed. All babies develop at their own pace. But by knowing the milestones, you can spot a problem early if it arises. Follow this checklist to recognize milestones.

By 2 months of age, most babies will do the following. Respond to you by: Smiling at you or calming down when you talk; Looking at your face; Or watching you move.

DO: Make different sounds besides crying, such as babbling.

DO: React to things in their environment, such as briefly looking at a toy or flinching at a loud noise.

DO: Hold up their head when on their stomach.

DO NOT: Wait to talk with your child’s healthcare provider if your baby does not do these things. Also note if your baby: Does not follow moving objects with their eyes; Does not open their hands; Or has trouble moving both arms and legs.

These could be signs of a delay in development. Your child’s healthcare provider can test your baby’s progress.

In most cases, missing a milestone turns out not to be a problem. But being vigilant can help you act on any concerns quickly, follow this checklist to make sure your baby grows up healthy and happy.