

# 2-Month-Old Developmental Milestones

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Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about their development. Below is a list of milestones that most babies will have achieved by 2 months of age.

## **Social and emotional milestones**

- Calms down when you speak to them or when you pick them up
- Looks at your face
- Seems happy to see you when you walk up to them
- Smiles when you talk to or smile at them

## **Language and communication milestones**

- Makes sounds other than crying
- Reacts to loud sounds

## **Cognitive milestones (learning, thinking, problem-solving)**

- Watches you as you move
- Looks at a toy for several seconds

## **Movement and physical development milestones**

- Holds their head up when they're on their tummy
- Moves both arms and both legs
- Opens their hands briefly

## **Other things to share with your baby's doctor at their 2-month visit:**

- What are some things you and your baby do together?

- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills they once had?

You know your baby best. Don't wait. If your baby is not meeting one or more milestones, has lost skills they once had, or if you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening.

If your doctor is concerned about your baby's development, they may refer your baby to a specialist or to Early On, which is the early intervention program in the State of Michigan (1-800-EARLYON or 1800EarlyOn.org). You can also contact Early On at any point on your own to request an evaluation.

### **You can help your baby grow and learn!**

As your baby's first teacher, you can help their learning and brain development. Try these simple tips and activities in a safe way. Talk with your baby's doctor if you have questions or for more ideas on how to help your baby's development.

- Respond positively to your baby. Act excited, smile, and talk to them when they make sounds. This teaches them to take turns "talking" back and forth in conversations.
- Talk, read, and sing to your baby to help them develop and understand language.
- Spend time cuddling and holding your baby. This will help them feel safe and cared for. You will not spoil your baby by holding or responding to them.
- Being responsive to your baby helps them learn and grow. Limiting your screen time (looking at your phone, watching TV) when you are with your baby helps you to be responsive.

- Take care of yourself. Parenting can be hard work! It's easier to enjoy your new baby when you feel good yourself.
- Learn to notice and respond to your baby's signals to know what they're feeling and what they need. For example, are they trying to play with you by making sounds and looking at you, or are they turning their head away, yawning, or becoming fussy because they need a break?
- Lay your baby on their tummy when they're awake and put toys at eye level in front of them. This will help them practice lifting their head up. Do not leave your baby alone. If they seem sleepy, place them on their back in a safe sleep area. A safe sleep area includes a firm mattress with no blankets, pillows, bumper pads, or toys.
- Feed only breast milk or formula to your baby. Babies are not ready for other foods, water, or other drinks for about the first 6 months of their life.
- Learn when your baby is hungry by looking for signs. Watch for signs of hunger, such as putting their hands to their mouth, turning their head toward a breast or bottle, or smacking or licking their lips.
- Look for signs your baby is full, such as closing their mouth or turning their head away from the breast or bottle. If your baby is showing these signs, it's okay to stop feeding.
- Never shake your baby or allow anyone else to! You can damage their brain or even cause their death. Put your baby in a safe place and walk away if you're getting upset when they are crying. Check on them every 5-10 minutes. Infant crying is often worse in the first few months of their life, but it gets better!
- Have routines for sleeping and feeding. This will help your baby start to learn what to expect.

To see more tips and activities, download CDC's Milestone Tracker app.

Important note: this milestone checklist is not a substitute for a standardized validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

This handout is adapted from [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly)  
Scan the QR code for more information:



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