

2 months – Baby Sleep Tips!



Hello! Your baby is now two months old! Today we'll talk about your baby's development and helping your baby sleep.

Immunization Alert!

It's time for your baby to get their [immunizations](#).

Learn [what to expect at the vaccination appointment](#) and don't forget to record your child's immunizations [on the PPH website](#).

Your Baby's Development

Watching how your child plays, communicates, and moves can give you clues about their growth. Developmental milestones are things that most children (75% or more) can do by a certain age. Here are some examples of things that most babies can do by 2 months of age:

- Look at your face
- React to loud sounds
- Startle or wake to loud noises
- Watch you as you move
- Hold their head up when on their tummy

For more milestones including **picture and video examples** of what these milestones look like, you can visit the [CDC Milestones](#) website, or download the [app](#).

This website has great up to date information, but the resources it links to are American. **If you have any concerns about your child's development, contact your healthcare provider.** You can also contact the [SmartStart Hub at Five Counties Children's Centre](#) to get connected directly to services.

[CDC Milestones](#)



Helping your Baby Sleep

Believe it or not, napping during the day helps your baby to sleep better at night. Some babies nap as little as 20 minutes, while others may nap for three or more hours. Both are normal.

Try using a shorter version of your baby's bedtime routine before a nap, for example, a short story and cuddle. When you can, place your baby to sleep in the same place for daytime napping and nighttime sleeping.

Try these tips to help your baby sleep:

- Start a calming bedtime routine with your baby, including things such as reading a story, singing, or rocking.
- Allow sunlight into the home during the day and keep the lights low at night.
- Try feeding, rocking, singing, shushing, or patting to help soothe your baby.

Remember to place your baby on their back to sleep and tummy to play. If your baby rolls over onto their tummy while sleeping, you do not need to move them onto their back.

Some babies may develop a flattened area on the back or side of the head. This is called [plagiocephaly](#). Follow these tips to help prevent flat spots:

- Do supervised tummy time with your baby when they are awake. This helps develop strong neck, shoulder, and arm muscles.
- Avoid long periods in car seats, baby seats, and swings where your baby's head is in the same position.
- Change your baby's position in their sleep space each day by placing them with their head toward the head of the crib or bassinet one day, and then their head toward the foot of the space the next day. Babies naturally move their head to look at something interesting, such as looking out toward the room instead of looking at a wall.



Your Body

After having a baby, you might feel pressure to return to your pre-pregnancy body size and shape. Be gentle with yourself – you just grew a baby! Take care of yourself by eating mindfully, being active, and getting enough rest. When you are feeling your best, you are better able to take care of your baby and adapt to parenthood.

Try:

- Listening to your body's signals of hunger and fullness.
- Avoiding popular diets. Instead, aim for a variety of your favourite foods each day from Canada's Food Guide.
- Being active each day by doing something you enjoy.
- Getting enough sleep and taking breaks throughout the day.

[Canada's Food Guide](#)



Links We Love

The Canadian Paediatric Society provides information for parents of babies, children, and teenagers. It is written by doctors, for Canadian parents.

[Caring for Kids](#)

Now that your baby is a bit older and things may be starting to feel routine, we're going to start sending you emails once a month.