

## 2 month baby

### Your baby's development at 2 months

At 2 months, your baby will begin to recognise you and your partner – your voices will resonate with them. As their personality emerges you'll start to learn their likes and dislikes. You might also notice that your baby needs less sleep and consequently stays awake for longer.

With so much developing going on, night feeds are essential. They give your baby the nutrition needed to grow and ensure your milk supply remains constant. Some mums find their baby begins to feed for longer, but less frequently. Other mums whose babies feed more frequently through the day may notice their baby begins to need fewer feeds during the night. At this stage it's best to follow your baby's lead and feed them as and when they're hungry, but you may soon start to notice a feeding pattern emerging.

Feeding problems, such as colic, are common at this stage. Colic affects one in four young babies, although the actual cause of it is unknown and it can easily be misdiagnosed. Colic is not harmful, nor does it last forever. If you have any other questions about feeding or colic, our team of expert midwives, nutritionists and feeding advisors are happy to help. Give them a call on **08457 623 628** or try our instant messaging service, Live Chat.

### Other changes happening at 2 months

#### The comfort of mum

Your baby now feels comforted by your touch and soothed when you or your partner hold them – many start to comfort themselves by sucking their fingers or thumb or by using a dummy. You may also find that being held by someone unfamiliar can cause tears.

#### Your baby's physical development

Babies develop physically from head to toe; first by strengthening their neck muscles to support their head, followed by their shoulders, chest and lower back. The legs are the last to develop. Your 2 month old baby's body is continuing to straighten out which means less trapped wind. If they're not already doing so, your baby will soon be able to lift their head and briefly when they're lying flat on their tummy. As they grow stronger and their muscles become more reactive, they may move their arms when they're stimulated or excited.

#### Communication

Your baby doesn't need to form words in order to communicate; simple noises, gurgles and coos in response to your voice come instinctively, especially as your voice is probably their favourite sound.

#### Grasping and clutching

As your baby discovers their own hands, their instinctive grasp reflex lessens to allow them to explore different objects using a wider range of movement. Your baby will no doubt be fascinated by anything new, so encourage them with baby-safe objects they can get to grips with.

Our Careline team is made up of experienced mums, nutritionists and feeding advisors. If you've got a question about how your baby is developing, give them a call on **08457 623 628**, or start an online conversation with our messaging service, Live Chat.