

Two Months Old: What to Expect



Growth & Physical Check



Measurements

Checking head circumference, length, and weight at every visit – we'll review the growth chart together.



Feedings & Diapers

We'll discuss how feedings are going and check in on wet and soiled diaper counts.



Physical Exam

Full physical exam including muscle tone and head control assessment, just like last visit.

Sleep & Routine



Sleep Stretches

Some babies are sleeping 4–6 hour stretches at night – though not all, and that's okay!



Bedtime Routine

Now is a great time to start a bedtime routine. Try dim lights, quiet time, and swaddling.



Find What Works

Try different techniques and see what works best for your family – every baby is different.

Development at 2 Months



Social Smiling

Social smiling is becoming more consistent – those first real smiles are here!



Cooing & Gurgling

Baby is starting to coo and gurgle – early conversations are beginning!



Tracking Objects

Begins to track moving objects with their eyes – a key visual milestone.



Active Kicking

More active kicking and arm movements as motor development continues to grow.



Tummy Time

Keep working on tummy time – aim for 15–20 minutes several times daily if possible.

Vaccines at 2 Months



DTaP & IPV

Diphtheria, Tetanus, Pertussis, and Polio vaccines – first round today.



Hib & Hep B

Haemophilus influenzae type b and Hepatitis B vaccine doses given today.



PCV & Rotavirus

Pneumococcal conjugate and Rotavirus vaccines complete the first round of immunizations.