

NEW PARENT NEWS

The monthly newsletter of Southern Tier Health Care System



Two Months

At 2 months old, your baby probably looks completely different than they did as a newborn. So far you have watched your little one gain new skills every day.

Movement: Your little one is getting stronger every day. In addition to being able to hold their head up more, your infant should start to make smoother movements with their arms and legs. **Brain:** Your baby should also be smiling, recognizing faces, and cooing! Thanks to hearing voices around them, your infant will demonstrate efforts to "chat" with you. Sleep: At 2 months old, most babies are not yet sleeping through the night-that particular milestone will not happen until closer to 12 weeks or 3 months of age. At this stage, most babies are still waking up one to two times a night, usually for a feeding.



Car Seats

The best way to keep your child safe in the car is to use the right car seat in the right way. Here are some car seat safety tips to protect your most precious cargo.

Buying the right car seat. Your baby needs to ride in a rear-facing car seat as long as possible until 2 or more years.

Installing your car seat. You'll need to decide on using either the seat belt or lower anchors to secure your car seat. Both are safe, but don't use them both at the same time.

Getting the right fit. A properly-fitted harness gives the best possible protection for your child.

Get more details about installing your car seat at Safe Kids Worldwide.

