



# Activities



## HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 2-month-old—a great way to have fun together and encourage your child’s healthy development.

### Tummy Time

Place your baby on their tummy with head to one side, on a blanket/towel on carpeted floor. Lie next to them to provide encouragement. Until they have the strength, have them spend equal time facing left and right. Make “tummy time” a little longer each day. Closely watch your baby in case they rest their face on the floor, which could restrict breathing. As their strength grows, they will be able to lift their head and push up on their arms, leading to rolling and crawling.

**Developmental Areas:** Gross Motor

**Materials Needed:** Blanket or towel

### Around the Body

Lay your baby on their back and touch their arms and legs in different places. Make a “whooping” sound with each touch. Your baby may smile and anticipate the next touch by watching your hand. When you make each sound, you can also name the part of the body you touch.

**Developmental Areas:** Communication, Problem Solving

**Materials Needed:** None



**NOTES:** \_\_\_\_\_  
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### Imitation Game

Hold your baby closely, or lay them down on a soft, flat surface. Be close enough (8"–12") so that they can see you. Face to face, start with small movements (stick out your tongue, open your mouth with a wide grin). If you are patient, your baby may try to imitate you. As they get older, you can try larger body movements with your head, hands, and arms. You can also try to imitate your baby.

**Developmental Areas: Personal-social**

**Materials Needed: None**

### Nature Walk

In nice weather, take your baby on a nature walk through a park or neighborhood. Talk about everything you see. Even though they might not understand everything, they will like being outside and hearing your voice.

**Developmental Areas: Communication, Personal-Social**

**Materials Needed: None**



Want to learn about developmental milestones for your 2-month-old?

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