

DEVELOPMENTAL MILESTONES:

Your Child at Two Months



What are developmental milestones?

Developmental milestones are skills that are achieved by most children by a certain age. Developmental milestones include physical, social, emotional, cognitive and communication skills that are appropriate for the child's age. Milestones give important clues to a child's health and well-being. Any child who is delayed in their milestones should be further evaluated by a health or developmental professional.

- **Social and Emotional milestones** include how children learn about their own emotions and the emotions of others. These milestones also involve learning how to interact and play with other people.
- **Language and Communication milestones** involve language, speech, and nonverbal communication (for example, hand gestures or facial expressions). These milestones include a baby's babbling, first words, and even the art of listening to others and holding a conversation.
- **Movement/Physical development** involves both gross-motor skills and fine-motor skills. Gross motor skills are typically the first to develop. Gross motor skills include the ability to support their head, sit up, stand, crawl and walk. Fine-motor skills involve precise movements such as grasping a spoon, picking up small objects, and drawing.
- **Cognitive (learning, thinking, problem-solving) milestones** are centered on a child's ability to think, learn and solve problems. Cognitive milestones include an infant learning how to react to different facial expressions and a preschooler learning to say the alphabet.

As a parent, you spend the most time with your child and know them the best. If your child is not meeting these milestones for his or her age, or if you think there could be a problem with the way your child plays, learns, speaks, or acts, it is important to tell your health care provider so they can assess your child's development. Discuss any concerns with your primary care provider at your child's 2-month well child exam.

Your Baby at 2 Months Old

This is what most babies do at this age:

Social/Emotional

- Begins to smile at people
- Can briefly calm themselves (may bring hands to mouth and suck on hand)
- Watches parent

Language/Communication

- Coos, makes gurgling sounds
- Turns head toward sounds

Cognitive (learning, thinking, problem-solving)

- Pays attention to faces
- Begins to follow things with eyes and recognize people at a distance
- Begins to act bored (cries, fussy) if activity doesn't change

Movement/Physical Development

- Can hold head up and begins to push up when lying on tummy
- Makes smoother movements with arms and legs

Red Flags

- Doesn't respond to loud sounds
- Doesn't watch things as they move
- Doesn't smile at people
- Doesn't bring hands to mouth
- Can't hold up head when pushing up from the tummy

Tell your doctor if you notice any of these signs of developmental delay for this age. Every community should also have an early childhood intervention program that can help assess your child.

Reference and Resources

<http://www.cdc.gov/ncbddd/actearly/milestones/index.html>
http://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/developmentalscreening.pdf
<http://www.dars.state.tx.us/ecis/> (Texas Early Childhood Intervention services)

To refer a child to Texas Early Childhood Intervention Services for developmental evaluation and developmental support services, call: 1-800-628-5115

