



Milestones Matter

Your Baby at 2 Months

How your baby plays, learns, speaks, acts and moves offers important clues about his or her development.

What Most Babies Do by 2 Months

Social/Emotional

- Begin to smile at people
- Calm self by sucking on fingers
- Try to look at parent

Hearing/Language

- Coo, make gurgling sounds
- Turn head toward sounds
- Startle at loud sounds

Cognitive (learning, thinking, problem-solving)

- Pay attention to faces
- Follow things with eyes and recognize people
- Act bored (cries, fussy) if activity doesn't change

Movement/Physical Development

- Hold head up and push up while on tummy
- Make smoother movements with arms and legs

You Know Your Baby Best

It's important to act right away if you have concerns about the way your child plays, learns, speaks, acts or moves, or if your child:

- Is missing milestones
- 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 head up when pushing up when on tummy

You Can Help Your Baby Learn and Grow

Here are some activities to enjoy with your baby.

- Cuddle, talk and play during feeding, dressing and bathing
- Help your baby learn to calm herself; it's okay for her to suck on her fingers
- Help your baby get into regular sleeping schedules
- Get in tune with your baby's likes and dislikes
- Act excited and smile when your baby makes sounds
- Copy your baby's sounds
- Learn what your baby's different cries mean
- Talk, read and sing to your baby
- Play peek-a-boo with your baby
- Put a baby-safe mirror in the crib
- Look at and talk about pictures with your baby
- When awake, give your baby tummy time with toys
- Hold toys at eye level to teach your baby to lift his head
- Hold toys above your baby's head to encourage reaching
- Hold your baby upright with his feet on the floor

This information was adapted with permission from Centers for Disease Control and Prevention's milestone checklists and tips.

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

If you have any concerns about your child's hearing or development, it is important to act early. It can make a big difference! You can talk to your child's pediatrician, call your child's school district or area educational agency, or schedule a clinical hearing, speech-language, or developmental evaluation.

Clinical Evaluations

Boys Town National Research Hospital offers pediatric hearing evaluations. Call 531-355-6540 to schedule an appointment at the Downtown location or 531-355-6800 to schedule an appointment at the West location.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town National Research Hospital - West
14000 Boys Town Hospital Rd., Boys Town, NE 68010

Boys Town National Research Hospital offers speech-language evaluations and therapy for children with communication concerns. Call 531-355-5087 to schedule an appointment.

Boys Town National Research Hospital - Downtown
555 N. 30th St., Omaha, NE 68131

Boys Town Speech-Language Clinic
14015 Flanagan Blvd., Suite 101, Boys Town, NE 68010

Boys Town Center for Behavioral Health offers services for children with behavioral or social-emotional concerns. Call 531.355.3358 to schedule an appointment.

Boys Town Center for Behavioral Health
13460 Walsh Dr., Boys Town, NE 68010

Educational Evaluations

Your child may qualify for a free assessment through the school district or area educational agency in which you reside, some of which are listed below. For more information, you can also contact Nebraska ChildFind at 1-888-806-6287 or Iowa Early Access at 1-888-IAKIDS1.

Ashland-Greenwood Public Schools
402-944-7083

Gretna Public Schools
402-332-3265

Bellevue Public Schools
402-293-4000

Millard Public Schools
402-715-8302

Bennington Public Schools
402-238-3044

Northwest Area Educational Agency
712-222-6050

DC West Community Schools
402-359-2583

Omaha Public Schools
531-299-0242

Elkhorn Public Schools
402-289-2579 ext. 11000

Papillion-La Vista Community Schools
402-514-3243

Fremont Public Schools
402-727-3084

Westside Community Schools
402-390-2100

Green Hills Area Educational Agency
712-366-0503 ext. 7215

Yutan Public Schools
402-625-2141

