

Getting to Know your 2-3 month old

How can I help my baby learn?

Your baby has learned so much from you. Each time you respond to her cues, she is learning how to tell you what she needs. She loves to look at your face. She learns a lot about you when she looks at your face. She learns how to interact with other people. She also loves to hear your voice. Listening to your voice helps her feel calm. It teaches her to recognize words too. As she gets more control over her body, she'll start trying to touch everything nearby.

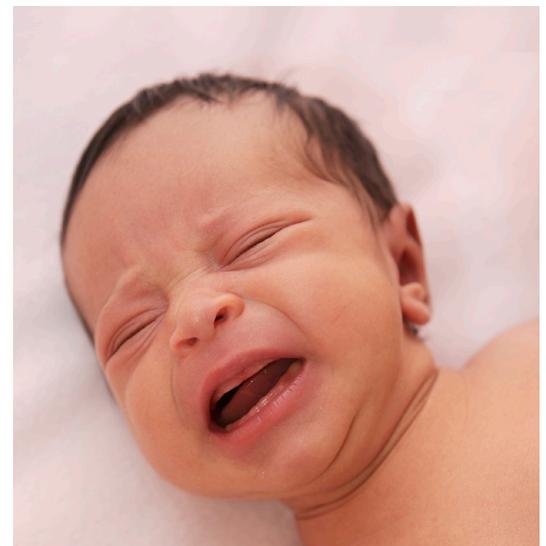


How can I keep my baby from crying?

Babies cry for many reasons. Sometimes, you won't be able to keep your baby from crying. There are things you can do to help him cry less often. Watch for things that bother your baby. You can respond to his cues before he starts to cry. When your baby does cry, hold him close and use the same actions over and over, like rocking, rubbing his back, or singing. Be patient. Calming your baby may take time.

Why does my baby cry more at certain times of day?

Your baby may be fussy in the afternoon or evening. You know that doing the same thing over and over helps your baby calm down. The opposite is also true. When she is dealing with many sights and sounds, she may become overwhelmed. Think about all that happens at the end of the day. It gets darker and colder. People come home from work or school. Dinner is made. All the changes can be too much for your baby. Look for cues that she needs something to be different. This can help you understand what bothers her. When she is older, evenings will be easier for you both.



Am I spoiling my crying baby when I pick him up?

You want to do what is best for your baby. It can be confusing when it isn't clear what he needs. He is still learning how to use his cues. You are not spoiling your baby when you respond to him. You are teaching him that you are there to help him be safe and comfortable. When he cries, your baby is telling you he is upset. Maybe he is uncomfortable or tired but his cues aren't clear. Your baby will cry less when you learn to understand each other better.



What can I do to get more sleep?

Waking at night is important for your baby's health, but it's hard for you. Adults aren't used to waking so often. There is no safe way to make your baby sleep longer. So, until he is older, you will need to ask for help at home. During the day, you can ask a close friend or family member to care for your baby while you take a nap. Or, you can ask for help with chores so you can get some extra rest. Try to get about 2 hours of rest. When your baby is sleeping, you can sleep in the same room. That way you won't have far to go when he wakes in the night. That will make it easier for you to go back to sleep after you care for him.

When will my baby sleep through the night?

Your baby is not ready to sleep all night. She needs to wake to eat and stay healthy. Soon, you'll notice that she is not dreaming right after she falls asleep. This is a sign that she's starting to sleep more like adults do. Her body will be ready to sleep longer without waking, but not every time she goes to sleep. At this age, babies usually have only one longer stretch of sleep at night. Keep this in mind when you are choosing your own bedtime. Pay attention to the part of the night when she tends to sleep the longest so you know when you can get the most sleep. And remember, the night waking won't last forever. Soon, you'll both be sleeping more at night!

