

Growing Together



Because My First Years Last Forever

Volume 1 Issue 2

Two to Three Months

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Dear Parent,

By the **second** month, your baby may be settling into a more predictable schedule. Thankfully, nighttime sleep lengthens for many babies. Don't worry if your baby is not quite there yet. A good night's sleep is on its way soon! Your baby is beginning to be more interested in her surroundings, looking around and listening to voices. Movements are getting smoother, less jerky, and baby may have better control over her head and neck. Maybe your baby can hold her head and chest up while on her tummy. Your baby may even be able to roll from the side to the back. Don't leave your baby alone on a counter, table or bed - she might flip or wiggle off. Less time spent crying and sleeping leaves more time for three-month-old babies to find out about themselves and the world. Babies will discover hands, feet and new cooing sounds that delight families. The more you respond, the more your baby will vocalize and smile. Your baby is beginning to realize that actions get results - and that you can be counted on for comfort when needed.

Steinberg, J., Riley, D., & Schatell, D. (1997). (adapted). *Parenting the First Year*. University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321.



This newsletter is provided to parents by Help Me Grow of Cuyahoga County

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What It's Like to Be...

TWO MONTHS OLD

How I Grow

I still wobble my head a little when I am propped up.
I hold on to things for a while.
I wave my arms and legs and "bicycle" with my feet when I get excited.
I may sleep for as long as seven hours a night, but don't count on it. Please be patient with me when I wake up during the night.
I want to explore objects with my hands as well as with my eyes.

How I Talk

I gurgle, laugh and smile when I'm happy.
I like to make cooing sounds.
I cry to let you know when I want something.
I also cry when I want company. I may stop when you come near or pick me up.
I'm probably crying real tears because my tear ducts are developing.

How I Respond

I am fascinated by my hands.
I blink at shadows made by my own hands.
I follow you with my eyes when you move from one place to another.
I can follow objects with my eyes.
I perform just to get your attention.
I'm starting to smile when I see you.

How I Understand

I recognize some people by their voices.
I recognize a few objects - such as my bottle or a favorite rattle.
I like to stare at people and things around me.
I have discovered my hand and will stare at it each day.
This is the start of curiosity.

How I Feel

I feel happy, scared or uncomfortable at times.

The information in this newsletter describes an average child at each age. Because your child is unique, he may do things somewhat earlier or later than is indicated.

THREE MONTHS OLD

How I Grow

I hold my head and back straight when you support my body.
I lift my head, lean on my elbows, arch my back, and rock when I'm on my stomach.
I may be able to turn over.
I can move my arms and legs independently and smoothly.
I can bring my hands together in front of me.
I will hold a small object in one hand and finger it with the other.
I reach for objects with my hand. I like to bat at them, finger them and put them in my mouth.

How I Talk

I coo simple sounds like "ooh" and "ah."
I respond to sounds and voices I hear by gurgling, cooing and squealing.
I don't cry as much as before.
I practice sounds when I'm alone, usually early in the morning.

How I Respond

I'm becoming more social. I smile at a smiling face.
My smile is irresistible.
I react to familiar faces with my whole body.
I get excited when I see people I know or when I see my bottle.
I stop sucking when I hear sounds. Then I look and suck at the same time.
I follow sounds with my eyes.
I like to listen - talk to me in simple sentences.

How I Understand

I'm beginning to find out that I am a person.
I'm beginning to show that I have a memory.
I recognize different family members.

How I Feel

I love being cuddled.
I don't like being left alone.

Kreeger, J., Haverson, V., & Maretzki, A. (1996). *What it's like to be*. Keiki 'O Hawai'i: A Newsletter for New Parents, 2. Cooperative Extension Service College of Tropical Agriculture University of Hawai'i at Mānoa, Hawai'i. Department of Health, Child and Adolescent Mental Health Division.

Even professionals are not always in agreement on specific child-rearing and feeding recommendations. Consult your doctor if you receive conflicting information.

If you have concerns about how your child is growing and developing, call Help Me Grow at 216-736-4300 or visit www.helpmegrow.org

How You Help

Me Learn . . .

TWO MONTHS OLD

- Place a mobile or crib gym over me and close enough for me to hit when I reach the objects on strings. Wrap the string in masking tape to make them more rigid. It's easier for me.
- Rub my body gently after my bath. I like your touch. I also like the feel of soft fabric against my skin.
- Put me in my baby carrier and change my position frequently to let me get a new view of the world.
- Let me lie on my back under a tree and watch the leaves blow.
- Take me for a walk or to the store. I like to see and hear what's happening.
- Put me in a cloth baby carrier and let me stay close to you while you move around the room. Talk to me about what you are doing.

THREE MONTHS OLD

- Give me safe, squeaky toys to hold.
- Play pat-a-cake with me.
- Place me in my crib in different positions so that I do not favor one eye as I look around the room.
- Look into my eyes when you talk to me.
- Whisper in my ear. It will be a different sound for me.
- Make sure my mobile or crib gym is secure. I can pull it down.

Infant Sleep

Babies have varied temperaments, and families have varied lifestyles. Developing a “nighttime parenting” style that fits these needs is a challenge for many families. It is helpful to be open to different nighttime approaches, but be careful about using someone else’s “method” to get your baby to sleep. Consider any advice with sensitivity to your baby’s temperament and your own family situation.

Facts about infant sleep

- Babies enter sleep through a light sleep cycle lasting about twenty minutes. They have shorter and lighter sleep cycles than adults.
- Although it can vary widely, babies usually awaken two or three times a night from birth to six months, once or twice from six months to one year; and may awaken once a night from one to two years.
- Babies’ sleep habits are more determined by individual temperaments than parent’s abilities to get baby to sleep. It is not your fault baby wakes up.
- The definition of “sleeping through the night” is a five hour stretch.
- You cannot force sleep upon a baby. Creating a secure environment that allows sleep to overtake baby is the best way to create long-term healthy sleep habits. Most babies need help to go to sleep.

Helping your baby sleep

- Hold and soothe baby frequently during the day. Many babies respond well to being held close in a sling or baby carrier.
- Consider daytime routines and sleep patterns. Do late naps interfere with continuous and deep sleep during the night?
- Have a consistent bedtime, especially for older babies.
- Keep a relaxing, nurturing routine leading up to bedtime, such as a soothing bath or massage, singing, or reading a book. This helps prepare a baby for sleep.
- Active play will keep baby awake.
- Rock your baby. Nurse the baby at the breast or with a bottle.
- Watch for signs that your baby has entered deep sleep such as limp, dangling limbs and a motionless face, before moving him. Then you can be fairly certain your baby will not awake during a move to cradle or bed.
- Soothing sounds that may help include: bubbling fish tank, recordings of mother’s heartbeat, recordings of waterfalls or ocean sounds, soft background noise like a fan, dishwasher, or vacuum cleaner.

Recommended Reading: **The Baby Book** by William Sears and Martha Sears and **Touchpoints** by T. Berry Brazelton

Adapted from The Oklahoma Department of Health at <http://www.health.state.ok.us/program/mchecd/index.html>

Read Poetry

Read your favorite poem to your baby or, better yet, stop at the library and select a book of poems! Your baby learns by listening to the rhythms and the sound of our language.

Him or her? *This series of newsletters gives equal time to both sexes. That’s why we take turns referring to children as “him” or “her.” Keep in mind that we are talking about all children when we use “him” or “her.”*

Just For Parents

Fathers Make a Difference

More fathers are becoming aware of the unique gifts that only fathers can offer their children. Perhaps for this reason, fathers are spending more time with their children than ever before, either as a single dad, a stay-at-home caregiver or as a more involved parent after work.

How can you make a special connection to your little one? Fathers interact with their babies in ways that are exciting and different from mom. Differences in the way you speak, hold and care for your baby, help your little child learn a variety of ways to interact with others.

Hold your baby close, 8-12 inches away from your face, talk quietly and watch your baby's face and eyes light up with interest. You may have to wait a moment for your baby to smile, move or make a sound because she is learning how conversations work. Your baby is

learning the many parts of conversation from you: speak, wait, listen and react!

Your hobbies are probably very different from mom's, so allow your child to watch you while you work around the house. Talk to her about what you're doing. Even your deeper voice will draw your baby's attention.

Your baby will enjoy looking at you as you feed her. If mom breastfeeds, take a turn feeding your baby with a bottle of expressed milk. Fathers can also help give formula-fed babies a bottle.



Carrying, rocking or spending time with your baby will help build a special bond with your son or daughter that will last a lifetime.

The Fatherhood Initiative at 216-436-2000 or 2-1-1 can provide a network of services and information.

Play is Learning

The beginning of playing with an infant is like the beginning of a conversation with her—you share eye contact. You exchange smiles as you offer her a rattle or a bright plastic ring. She shows her interest in playing with you by focusing on the toy and following it with her eyes as you move it high and low, left and right. As you bring the toy closer to her hand, giving her time to reach for it, she will concentrate on the toy and her hand, and she may even grasp it. Again, you exchange smiles.

By 2 to 3 months, an infant likes to be part of his family's activity. If you have a stroller or infant seat, you can move

your baby from room to room to be with you as you work. Some parents carry their babies with them in specially designed back packs or front packs, while working in the house or when walking outdoors.

The baby enjoys the motion of your body and is comforted by this closeness. Another idea is to take your reading or sewing with you, bring your baby, and be together under the shade of a tree. Lying on his back, your baby will be fascinated watching the movement of the leaves and the changing patterns of sunlight.

Steinberg, J., Riley, D. & Schatell, D. (Revised 2006). Activities for babies(adapted). *Parenting the First Year*. University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321.

Evaluating a Child Care Provider

The following points are good ways to help measure the quality of a child care home or center.

Caregivers/Teachers

- Do the caregivers/teachers seem to really like children?
- Do the caregivers/teachers get down on each child's level to speak to the child?
- Are children greeted when they arrive?
- Are children's needs quickly met even when things get busy?
- Are the caregivers/teachers trained in CPR, first aid, and early childhood education?
- Are the caregivers/teachers involved in continuing education programs?
- Does the program keep up with children's changing interests?
- Will the caregivers/teachers tell you what your child is doing every day?
- Are parents' ideas welcomed? Are there ways for you to get involved?
- Do the caregivers/teachers and children enjoy being together?
- Is there enough staff to serve the children? (Ask local experts about the best staff/child ratios for different age groups.)

Setting

- Is the atmosphere bright and pleasant?
- Is there a fenced-in outdoor play area with a variety of safe equipment? Can the caregivers/teachers see the entire playground at all times?
- Are there different areas for resting, quiet play and active play?
- Is there enough space for the children in all of these areas?

Activities

- Is there a daily balance of playtime, story time, activity time and naptime?
- Are the activities right for each age group?
- Are there enough toys and learning materials for the number of children?
- Are toys clean, safe and within reach of the children?

In General

- Do you agree with the discipline practices?
- Do you hear the sounds of happy children?
- Are children comforted when needed?
- Is the program licensed or regulated?
- Are surprise visits by parents encouraged?
- Will your child be happy there?

The following resources can help you find quality child care: **Starting Point 216-575-0061 or 1-800-880-0971.**

Web Sites:

<http://jfs.ohio.gov>

Search by zip code, city, county, type of facility and age of child

<http://www.ocrra.org>

Ohio Child Care Resource & Referral Association

<http://www.nncc.org>

National Network for Child Care

<http://www.zerotothree.org>

So what are the hallmarks of quality child care?

And how do you select a caregiver?

ZERO TO THREE can help you answer these tough questions.

Checklist for Evaluating a Child Care Provider is reprinted by permission from Child Care Aware®, a program of the National Association of Child Care Resource & Referral Agencies (NACCRRA) 1-800-424-2246 www.ChildcareAware.org.

Your Baby's Health

Immunizations are Important for Babies

Your baby is very vulnerable to serious diseases, some of which may be on the rise once again. The good news is that there is more protection for a wider number of illnesses than ever before! Five kinds of shots can now protect your child against ten serious diseases. There are very small risks of side effects and other rare reactions when your baby gets shots. If you have questions about shots for your baby, talk with your baby's doctor.

Free and Low-Cost Protection Immunization Clinics

Free and low-cost baby shots, or immunizations, are available in most communities. The Cuyahoga County Board of Health, Division of Nursing has information and locations (East and West) where your baby can receive free and low-cost shots. They are open days and evenings for busy, working families. Call the **Cuyahoga County Board of Health at 216-201-2000**. City of Cleveland residents can call the **City of Cleveland Health Department at 216-664-4369**.

Getting Babies off to a Healthy Start Free Health Insurance for Children

Want to get your baby off to a healthy start?

Healthy Start is a county-wide program that provides free health insurance for children of eligible working families in Cuyahoga County. They will receive health care through a Managed Care Provider up until age 19. There are currently several Healthy Start Managed Care Providers offered in the program so that you can choose the doctors and convenient hospital that best match your family's needs. You can apply for Healthy Start in the comfort and privacy of your own home; no office visit is needed. Family income determines eligibility, so call **216-987-7346** to find out if your family is eligible.

Colic

One of the most frustrating times for parents is when their baby is crying because of colic. Colicky babies have tummy pains, and a loud, piercing cry that can last for a few minutes or several hours, usually at the same time each day. Sometimes, a colicky baby will not stop crying even after you've tried the usual things. It's not your fault, or the baby's.

Try these ideas:

- Lay baby down across your knees, rub or pat her back.
- Rock her at 60 rocks per minute — a slow adult walk. Or use an infant swing. Try walking with baby tucked under your arm, with your hand under her tummy. Or hold her up so she can look around and see new things.
- Try changing her bath time to evening.
- Give the evening feeding with baby upright, not lying down. Burp her extra well to get air out of her tummy. Offer a pacifier. Sucking helps relax the digestive tract.
- Go for a ride in the car (put baby in her car seat).
- Sing to baby, or play soft music. Sometimes a vacuum cleaner, fan or radio tuned to static may help calm her.
- Talk to baby's doctor to see if he or she has other ideas.

Remember, babies are for hugging not shaking.

Feeding Your Baby

Preparing and Carrying Formula

One of the easiest ways to keep your baby safe from germs is to prepare your baby's formula in a clean way. **Wash your hands with soap and hot water** before preparing formula, especially after changing your baby's diaper. **Wash all bottle items:** bottles, covers, can openers and other things, inside and out, in hot, soapy water. Rinse and let air dry. Dishwashers are great for cleaning bottles, too.

Prepare only enough bottles for one day and do not keep made up bottles longer than 48 hours. Make sure the made up bottles are kept in the refrigerator until ready for use. Any formula left outside of the refrigerator, or a cold cooler, for more than two hours is spoiled and should be thrown out.

Traveling tip for parents on the go

Visiting a friend's house or the mall? Powdered formula is a safe and convenient way to feed your baby.

Measure the correct amount into the bottle, but don't add any water. When you arrive, fill the bottle with water and warm the bottle under hot running water. No spills on the way!

Steinberg, J., Riley, D., & Schatell, D. (1997). *Too soon for solids*. (adapted). Parenting the First Year University of Wisconsin-Extension Cooperative Extension, NCR publication No. 321.



Pumping and Storing Breast Milk

If milk is not emptied from the breast regularly, it sends a message back to your body to stop making milk. Pumping enables you to continue to breastfeed by keeping your milk production stimulated when you are away from your baby or when for some reason unable to feed the baby for a brief period of time. For information and guidelines on pumping and storing breast milk visit American Academy of Pediatrics Web site at <http://www.aap.org/healthtopics/breastfeeding.cfm>

Too Soon for Solids

Breast milk or commercial infant formula have all the nourishment your 2-3 month old baby needs to grow optimally. Solid foods like cereals should not be introduced until the baby is about 4-6 months old and shows signs of readiness including sitting up with support, holding head steady, showing interest in food,

and is able to swallow solids. Giving solid foods to the baby early is not going to help her sleep through the night. In the next couple of months, when she is ready, both she and you will enjoy exploring the taste and texture of solids.

Going back to work – you can continue to breastfeed.

If you are planning to return to work, you can still successfully breastfeed your baby. Here are some tips to help you succeed:

- Get input from your health care provider and lactation consultant on pumping, storing, and feeding expressed breast milk.
- Explore possibility of gradual return to work or explore part-time or job share options.
- Enquire about and seek support from your employer.
- Identify quality child care arrangements that will support your decision to breastfeed.
- Begin collecting and freezing breast milk before returning to work.
- Introduce your baby to bottle once breastfeeding is fully established.
- Surround yourself with supportive family members, friends, other mothers, coworkers, and health care providers.
- Trust yourself and have confidence in your ability to successfully combine breastfeeding with working.



For a wealth of ideas on the topic, read *Working without Weaning – A Mother's Guide to Breastfeeding* by Marianne Neifert available at the American Academy of Pediatrics Web site <http://www.aap.org/healthtopics/breastfeeding.cfm>

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Reference: Butte N., et.al. The Start Healthy Feeding Guidelines, *J of Am Diet Assoc.* 2004; 104, No 3, pp 442-469

Safety Tips

Mobility

At this age, your baby's having a lot of fun learning how to move his body in new ways. Your baby is even strong enough now to tip or fall out of his carrier with these new twists, rolls and arches. Protect your baby by using the safety strap and keeping his carrier on the floor, away from steps and other hazards.

Even quiet babies who "never move" may surprise the most watchful parents. Take extra care by never leaving your baby alone on a bed, table or chair. **Your baby is safest when he can do his wiggling on the floor, near you or another caregiver.**

Safe Sleep Reminder

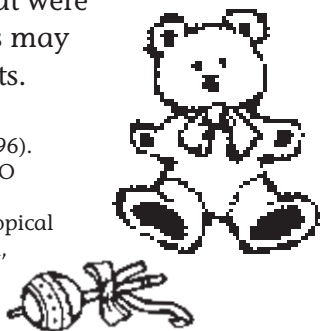
Your grandmother says "back," your mom says "front," but which position really is the safest for your baby?

Research now proves that the safest sleeping practice is to lay your baby on his back. Your baby's sleeping position on his back seems to reduce the chance of Sudden Infant Death Syndrome (SIDS), whether for overnight sleeping or even a morning nap. Babies are also safest in their own bed. **The most dangerous place for a sleeping baby is an adult bed.** If you do not have the resources to purchase a crib, call First Call for Help at 216-436-2000 or 2-1-1.

Toys, Rattles and Pacifiers

Babies first explore the world using their mouths. Everything in their hand goes in their mouth first — toys, toes, fingers and sleeves. Today, most baby toys, rattles and pacifiers meet federal regulations for safety because they are large enough not to get lodged in your baby's throat. Safe toys can't be taken apart to be explored by curious fingers and mouths. Remember that if your baby has any toys that were purchased before 1980, these toys may not meet these safety requirements.

Kreeger, J., Haverson, V., & Maretzki, A. (1996). *Toys, rattles, and pacifiers.* (adapted). Keiki 'O Hawai'i: A Newsletter for New Parents, 2. Cooperative Extension Service College of Tropical Agriculture University of Hawai'i at Mānoa, Hawai'i. Department of Health, Child and Adolescent Mental Health Division.



Help Me Grow of Cuyahoga County

*Expectant parents and newborns thrive
Infants and toddlers thrive
Children are healthy and ready for school
Services are prenatal to age 3*

Help Me Grow offers...

Prenatal Home Visits

Prenatal home visits provide support and information to expectant parents. A home visitor partners with the family to give information about childbirth, a new baby, community resources, and ensure the mother has a primary care physician.

Help Me Grow and MomsFirst in the City of Cleveland together provide the best possible services for your family. If you are pregnant and live in the City of Cleveland, a MomsFirst Community Health Worker will provide home visits. Please call 216-666-4194 for more information.

Newborn Home Visit

A home visit shortly after leaving the hospital from a registered nurse is a great way to say "Welcome Home" to a newborn. At the visit, the nurse checks the baby's and mom's health and offers valuable parenting information. This service is provided to all first-time parents and parents under the age of 25, regardless of how many children you have.

Ongoing Home Visits

Ongoing Home Visits assist eligible families with infants and toddlers with meeting goals and needs. Home visits help to ensure the child is reaching developmental milestones and provide parenting information and support.

Developmental Screenings and Evaluations

Young children develop and grow at different rates. However, certain milestones during the first three years of life need to be met for optimal growth. Periodic developmental screenings can help identify if there is a developmental concern early on. Help Me Grow also offers developmental evaluations to determine if a child is eligible for ongoing special services because of a delay in development.

Service Coordination/Individualized Family Service Plan

Service Coordinators help families navigate the choices of services and facilitate the Individualized Family Service Plan (the family's goals, needs, and services).

Specialized Services

Children who have a developmental delay or disability are linked to a variety of specialized services. These services could include: occupational, physical, speech/language therapies, developmental or specialized instruction, health, nutrition, hearing and vision, counseling, and assistive technology.

Family Support

Family Support in Help Me Grow provides families with the opportunity to interact with other families who are now or have received ongoing services from the Help Me Grow system and who may share similar experiences and concerns.

Help Me Grow of Cuyahoga County
2421 Community College Avenue
Cleveland, OH 44115
216-736-4300
www.helpmegrow.org



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Call any one of these Invest in Children partners below for support or information on how to make sure your child is healthy, well cared for and ready for school.

Prenatal Hotline • 216-778-BABY

Prenatal information and support for expectant mothers

MomsFirst • 216-664-4194

Prenatal care and support for expectant mothers in the City of Cleveland

Help Me Grow • 216-736-4300

Services and support for children prenatal to age three

Healthy Start • 216-987-7346

Health Insurance (Medicaid) for children prenatal to age nineteen

Starting Point • 216-575-0061

Child care services and information on care for children with special needs

Family Help Line • 216-229-8800

Free, anonymous support, information, referrals and crisis intervention

Tot-Line • 216-431-8200

Information on child development

First Call For Help • 2-1-1 or 216-436-2000

Free, confidential information and support for referrals to other local health or social services

This newsletter is provided to parents by Help Me Grow of Cuyahoga County.

Help Me Grow is a statewide child development program and a partner of Invest in Children. As Cuyahoga County's early childhood initiative, Invest in Children works to increase the development, funding, visibility and impact of early childhood services in the county, so our children start kindergarten healthy, well cared for and ready for school.



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If you have specific questions about your child's health or development, or concerns about your own health and well-being, please contact your physician.