

# Baby Development 0 to 2 months

## *Development, Attachment & Brain Maturation*

<b>How is my baby developing:</b>	<b>Increase attachment:</b>	<b>Look for my baby's cues:</b>
<ul style="list-style-type: none"> <li>• My baby is learning how to sleep, eat, and feel secure.</li> </ul>	<ul style="list-style-type: none"> <li>• Observe your baby and learn their different cries.</li> <li>• Respond to their cries.</li> <li>• Your response shows your love, increases your bond, and their brain development.</li> </ul>	<ul style="list-style-type: none"> <li>• What helps to calm my baby?</li> <li>• What makes my baby upset?</li> </ul>
<ul style="list-style-type: none"> <li>• Babies use their body movements, sounds, and facial expressions to communicate.</li> <li>• Babies have different cries: hungry, bored, tired.</li> <li>• They ask for a break by looking away, arching their back, or crying.</li> </ul>	<ul style="list-style-type: none"> <li>• Figure out what your baby is saying to you- this lets them know what I do matters.</li> <li>• Talk and sing to your baby.</li> <li>• Find toys and textures your baby likes.</li> </ul>	<ul style="list-style-type: none"> <li>• How does my baby talk to me?</li> <li>• What play does my baby enjoy?</li> <li>• What does it look like when my baby is done playing?</li> </ul>
<ul style="list-style-type: none"> <li>• Babies love when you talk and sing to them.</li> <li>• Play helps them learn about their world.</li> <li>• Play develops their attachment with you and promotes their brain development.</li> </ul>	<ul style="list-style-type: none"> <li>• Give baby lots of things to touch and hold. Babies see things best when they are 8-10" away.</li> <li>• Play "tracking" games: move objects back and forth in front of them. First their eyes will follow, then eventually their head. This strengthens vision and neck muscles.</li> </ul>	<ul style="list-style-type: none"> <li>• What does my baby like best?</li> <li>• What grabs my baby's attention?</li> </ul>

Information collaborated with studies from ZeroToThree.org and AIU Infant Preschool Mental Health Program-Susie Lo, LMFT



THE FAMILY GUIDANCE  
AND THERAPY CENTER  
*of Southern California*

3575 Kenyon Street, Suite 102

San Diego, CA 92110

Phone: (619) 600-0683

[www.familyguidanceandtherapy.com](http://www.familyguidanceandtherapy.com)

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