As your baby grows and develops, she will be spending more time awake than before. Babies now start to take notice of more things around them. Your baby will be busy looking, listening, and learning. During this time, your baby begins to develop trust and an emotional attachment to you. Making sure your baby feels safe and cared for is an important part of helping her to grow strong and healthy.

**FEEDING YOUR TWO-MONTH-OLD**

By now, you and your baby are quite experienced in sharing feeding times, whether you are breastfeeding, bottle-feeding, or combining the two. You are probably noticing smiles and signals from your baby, too, and those signals can help you become very good at the give-and-take process of infant feeding.

Your baby knows how much he needs to eat, and this amount will vary from day to day. At the age of two months, babies cannot push food (the bottle) away, so you must recognize the signals he gives when he is full. A baby who has had enough will lose interest in feeding—maybe slowly, or perhaps suddenly—and release the nipple. At this point, it is important to follow your baby’s lead. The best feeding approach is one controlled by the baby rather than by you.

Not only does your baby know how much to eat, she also knows how often she needs to eat. Many parents attempt to get their baby on a schedule or establish a routine. Just remember, your baby knows hunger or fullness, but not how to tell time!

So it is your task to follow the baby’s lead and feed on demand, not by the clock. A hungry baby whose “requests” for food are met quickly will feel assured and comforted, and you will have laid the foundation for good eating habits in the future!
All children grow, learn, and develop at different rates. The information in this brochure is considered typical for children of this age. If you do all you can to help children grow and develop now, they will have the best chance to do well in school and in life.

References: