Tell Me What You Need

Notice your baby's movements and expressions, then respond to the need behind them.

Helps Your Child Grow



Relationships with Adults

Noticing your baby's signals and responding consistently gives them repeated experience that a trusted adult is available to meet their needs.

Steps

- At two months, your baby may use movements, facial expressions, and sounds to show that they need something. Watch patiently and respond to the signal.
- When hungry, your baby may wriggle, smack their lips, suck a hand, or turn their head in search of the breast or bottle.
- When tired, they may stare into the distance, rub their eyes, or become fussy.
- An unusual frown, straining, or intense cry may signal discomfort from a wet diaper, gas, temperature, fever, or another cause. Check the likely needs one at a time and contact your pediatrician when needed.
- Consistent help lets your baby experience that their signals receive a response from you.

Tips

- Keep observing across daily routines. Over time, repeated patterns can help you recognize and respond to your baby's individual signals.

Observations

- ○ Uses a recurring movement, expression, or sound when hungry or tired
- ○ Relaxes while being held by you