

# 0 to 2 months

Your infant will spend a lot of time sleeping. But it might be hard for them to fall asleep. There are simple things you can do to help them sleep.



1. Hold them and sing to them.



2. Wrap them in a warm blanket.

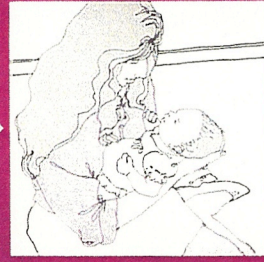


3. Walk with them.

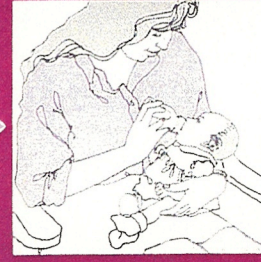


4. Rock them in a rocking chair.

Your infant likes to look at faces. Your face is their favorite thing to see. It is important to talk with your baby and let them see your face.



1. Spend time just talking to your infant.



2. When you feed them, hold them so they can see your face.

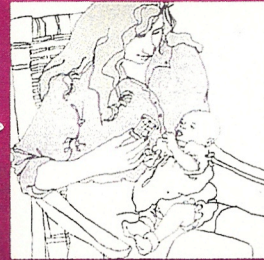


3. They will respond to you when you talk to them.



4. They will follow bright colored things when you play together.

Your infant cries to let you know when they need something. It may seem that they cry a lot. But it is their way of communicating. They cry differently when they need different things.



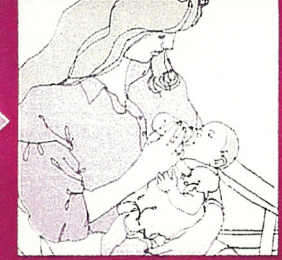
1. Your infant is learning about sound. They can hear sounds.



2. And they make sounds when they cry.



3. When they cry they want you to pick them up.



4. They might need other things too. You can learn to understand them.