



# Your Baby At 2 Months

## Feeding Milestones & Tips

### Feeding Milestones



- ★ Your baby can suck and swallow with ease.
- ★ They can regulate their tongue back and forth for sucking.
- ★ The baby can use their lips to latch onto the breasts or bottle for feeding.
- ★ They may need to be fed at least eight to 12 times a day.

### Tips For Parents



Do not be tempted to give them solid food since all necessary nutrients are present in breast milk.



Look for hunger signs such as lip-smacking, licking, and pointing towards the bottle or the breasts.



Do not force-feed and stop if they close their mouth or turn their head away.



Maintain a feeding routine to help them understand the timings.

### References

1. Your baby's developmental milestones at 2 months; UNICEF
2. Important milestones: Your baby by 2 months; CDC