— 2 Weeks Checklist —

Your baby is already communicating with you, using cries to get your attention. Talk softly to your baby while holding them close to your face and repeat the small sounds your baby makes to encourage your baby to communicate more.

What's happening at 2 weeks:

By two weeks your baby can focus on objects 8 to 14 inches away—just about the distance between your baby's eyes and yours during breastfeeding. In fact, babies this age prefer faces to other objects. By looking at your baby during feeding, you'll encourage your baby to practice focusing. As you feed your baby, move your head slowly from side to side and see if baby's eyes follow you. This helps build your baby's eye muscles and tracking skills. At two weeks, you may notice your baby is starting to coo and smile. Make sure you respond to your baby's attempts to talk with you.

Look for these expected behaviors at 2 weeks:

__ Make gurgling sounds when they're content.
__ Smile occasionally in their sleep.
__ Cry frequently (this is a reflex, not an expression of sadness!).
__ Enjoy looking at their parents' faces. • Are responsive to your mood (i.e. irritable when you're irritable).
__ Calm down when you pick them up and when you speak in a slow, rhythmic, gentle voice.
__ Turn their heads towards sound or voice
__ Become quiet or smile in response to sound
__ Show interest in faces
__ Make eye contact
__ Cry differently for different needs (e.g. hungry vs. tired)
__ Coo or make sounds other than crying
__ Try to reach up to touch dangling objects (ex., a mobile over their cribs).
__ Fuss or cry if bored or not stimulated.
__ Closely examine complex and colorful designs, shapes, and colors.
__ Recognize people and things from a longer distance away.
__ Make smoother and more controlled movements.
__ Lift their heads for a few seconds when lying on tummy.
__ Grasp whatever is placed in hand.
__ Attempt to lift head when lying on their stomachs.
__ Begin to open their hands when at rest.
__ Attempt to push up on arms when lying on their stomachs.
__ Begin to wave their arms and legs in more coordinated, rather than jerky, motions.
__ Follow you with their eyes as you walk across the room.

Talk to your doctor if your child:

__ Has stiff legs with little or no movement
__ Keeps hands fisted and lacks arm movement
__ Does not make eye contact or smile at caregiver
__ Pushes back with head while lying on back
__ Does not enjoy different types of movement
__ Does not follow an object with their eyes
__ Has difficulty lifting head (from your shoulder or while lying on tummy)