

2 Month Visit



Talk

Tell family members to talk to your baby in whatever language they feel most comfortable using. Having more than one language in the home can be an advantage for kids!

Soothe

Try and figure out what helps your baby to calm down —like gentle rocking, singing or shushing. Knowing what your baby likes will help you the next time they're upset.

Calm

As much as possible, try and stay calm around your baby. It can help to take long, deep breaths. They look to you to tell them how to react and feel, and when you're calm, they will learn how to be calm too.

Ping Pong

Respond to the cooing sounds your baby makes. Turn each coo into a conversation by repeating their sounds and adding new ones.

Tummy

Do tummy time many times each day.

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Soothing Rhymes

When your child seems fussy, try singing a rhyme or a song. Do they calm down when your voice is quiet, or do they respond to big facial expressions and an enthusiastic voice? Try different rhymes and songs to find their favorites.

Suggested Age

Vroom is not a diagnostic tool. For more info ask your child's doctor.

0 -12 months

Brainy Background™



When you respond to your child's movements and sounds, you build a trusting relationship that supports future learning. You also teach them ways to deal with stress while building a love of language.

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