

# 2 MONTH VISIT

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- 1 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!
- 2 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.
- 3 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.
- 4 PING PONG** Respond to the cooing sounds your baby makes. Turn each coo into a conversation by repeating their sounds and adding new ones.
- 5 TUMMY** Do tummy time many times each day. See below to learn why it's important and what you can do.

## Tummy Time Practice

Vroom™ Tip: Practice Tummy Time using the exam table. Stand next to your baby and put your face up close to theirs. Talk and smile at your baby and let them hear that you're excited. Notice how your baby responds and talk them through any uncomfortable feelings they may have. You can say "tummy time is so important, but it will be over soon." Try this for 30 seconds at first, or longer if your baby is doing well. As you practice, you can do this for longer and longer.

## Brainy Background

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Did you know that Tummy Time has lots of benefits? It helps strengthen their muscles and have a nice round head. It's also an important step in learning to crawl! For more tips like these, download the free app at [www.Vroom.org](http://www.Vroom.org)!