

## 6 Month Old Handout

### Feeding Your Baby

- Most babies have doubled their birth weight.
- Your baby's growth will slow down.
- If you are still breastfeeding, that's great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula. Try not to exceed 32 ounces of formula per day.
- You may begin to feed your baby solid food when your baby is ready.
  - Some of the signs your baby is ready for solids:
    - Opens mouth for the spoon.
    - Sits with support.
    - Good head and neck control.
    - Interest in foods you eat.
- Starting New Foods
  - Introduce new foods one at a time.
  - Good sources of iron include red meat and iron fortified cereal (oatmeal)
  - Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well.
  - Offer 2-3 tablespoons of solid food 2–3 times per day.
  - You may introduce finger foods at this time. Finger foods should be firm enough to pick up, yet soft enough to chew swallow and digest.
  - Finger foods your baby may like include bagels, toast strips, soft pasta, Cheerios/Kix, moist chicken or turkey, soft cooked vegetables/beans, cheese
  - Avoid feeding your baby too much by following her signs of fullness.
    - Leaning back
    - Turning away
    - Do not force your baby to eat or finish foods.
  - It may take 10–15 times of giving your baby a food to try before she will like it.
  - To prevent choking
    - Only give your baby very soft, small bites of finger foods.
    - Avoid small pieces of hard food that may cause choking or gagging (i.e. candy, chips, gum, popcorn, nuts, seeds, raw vegetables)
    - Keep small objects and plastic bags away from your baby.

### How Your Family Is Doing

- Call on others for help.
- Encourage your partner to help care for your baby.
- Ask us about helpful resources if you are alone.
- Invite friends over or join a parent group.
- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.

### Healthy Teeth

- Many babies begin to cut teeth.
- Use a soft cloth or toothbrush to clean each tooth with water only as it comes in.
- Ask us about the need for fluoride.
- Do not give a bottle in bed.
- Do not prop the bottle.
- Have regular times for your baby to eat. Do not let her eat all day.

### Your Baby's Development

- Your baby should be sitting without support, reaching out for objects and grasping for them.
- Place your baby so she is sitting up and can look around.
- She may be rolling over.

- Stranger anxiety may begin soon and the child who previously like being held by anyone, may not like new or unfamiliar people (even grandparents who they may see every few weeks).
- Your baby may be making a variety of sounds (babbling and laughing) and turning to look at new sounds.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peek-a-boo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth, and make sure she is getting regular naps and play times.
- You may soon have a crawler or a creeper.
- Put your baby to bed when she is sleepy but still awake.
- Most children are sleeping through the night without a feeding.
- Your good sleeper may soon surprise you by waking up again in the middle of the night. Discourage waking up at night by leaving her in the crib and quietly consoling her.

#### Crib/Playpen

- Lower the crib mattress all the way when your baby begins to stand.
- Use a crib with slats close together— 2<sup>3</sup>/<sub>8</sub> inches apart or less.
- When your baby is in the crib, make sure the drop side is up.
- Don't use loose or soft bedding.
- Use a mesh playpen with weaves less than ¼ inches apart.

#### Safety

- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Don't leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker.
- Place gates on stairs and guards on windows.
- Cover all electrical outlets.
- Avoid dangling cords, both electrical and curtain, and hanging tablecloths.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
- Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

#### Immunizations

- Dtap, Haemophilus Influenzae type B (HIB), Prevnar, and Rotavirus were given today.
- There is a small chance your baby may be fussier than usual, develop a fever, or have pain or redness at the injection site.
- You may give your baby acetaminophen or ibuprofen for any of these symptoms.
- If your baby has a fever higher than 102 F rectally, call our office.
- For more vaccine information, go to [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/).

Your baby's check-up is when your baby is 9 Months old.

#### Safety at home

Poison Help:

1-800-222-1222

Child safety seat inspection:

1-866-SEATCHECK; [seatcheck.org](http://seatcheck.org)