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### Your Six Month Old

Length \_\_\_\_\_  Pediarix(DtaP, IPV, HepB)  
Weight \_\_\_\_\_  Prevnar  
HC \_\_\_\_\_  Hib  
Tylenol dose \_\_\_\_  Rotateq

#### NORMAL DEVELOPMENT

Your baby:

May sit without support and can sit in a highchair.

May creep or crawl, grab, mouth and bang objects.

Rolls over both ways.

Knows the difference between strangers and family and may get upset with strangers.

Resists pressure to do something she doesn't want to do.

Wriggles in anticipation of play.

Tries to imitate sounds including "dada" and "gaga".  
Continues teething, which may cause fussiness, runny nose or change in bowel movements.

#### DIET

FLUORIDE supplementation may be needed if you are breastfeeding and/or your town water or bottled water doesn't have fluoride. A prescription is required. Breast fed babies who receive less than 32 ounces of formula per day need vitamin D supplementation. 1 dropper of TRI-VI-SOL or D-VI-SOL (available without prescription) will meet this need.

If you have not started solids yet, you may proceed slowly. Pureed meats and infant cereals are ideal first foods because they are rich in iron and zinc, the nutrients most commonly deficient in the diets of babies. These foods should be initially offered in small amounts. When your baby has accepted these foods, begin offering fruits and vegetables. Give a small amount of 1 fruit or vegetable every 4-5 days. Combination foods (eg fruit and cereal or meat and vegetable) can be given after your baby tolerates the individual components. Try a new food every 4-5 days or so until you have offered a wide variety of combinations and textures. Continue infant cereal 1-2 times daily as solid foods advances. Your baby should consume no more than 28-32 ounces of breast milk or formula per day.

You do not need to add salt or sugar to your baby's food. Do not give honey until after 1 year of age. Avoid foods that are choking hazards, such as nuts, grapes, and raw carrots. The AAP recommends that cow's milk be avoided in babies under age 1 because of the risk of iron deficiency anemia.

Your baby will not have teeth to grind food until close to one year, but she will use her gums to "chew" almost all foods. Finger foods will create a learning experience as your baby improves her fine motor skills. Her "shovel grasp" of foods will become a pincer (thumb and first finger) grasp sometime around 9 months. EXPECT A MESS! Foods to try include mashed or small pieces of banana, applesauce, canned peaches and pears, cooked cereals, Cheerios, graham crackers, Arrowroot cookies, mashed potatoes, soft, cooked, diced or mashed vegetables, and pasta.

Start to offer water and formula or breast milk in a cup. Aim for cup proficiency by about one year of age. Juice is not necessary.

Delaying the introduction of foods considered to be highly allergic (eggs, fish, peanuts, tree nuts) beyond 4-6 months has not been shown to reduce the incidence of allergy. These foods may be introduced at a developmentally appropriate time. In general, if your baby doesn't exhibit a rash, vomiting, wheezing or diarrhea after a new food, she is probably not allergic to it. If there is a family history of food allergy, please speak to your baby's health provider for further guidance on introducing allergic foods.

## HYGIENE

Bath time is playtime!

Teeth may be cleaned with a washcloth

## TEETHING

Your baby may or may not have any teeth. The first tooth can erupt as early as 3 months or as late as 18 months!

## SAFETY

- ⊙ ALWAYS restrain your baby in an appropriate car seat. All babies must ride in a rear-facing car seat until they are at least 2 years of age or until they reach the highest weight or height allowed by your car seat manufacturer.
- ⊙ Keep ALL children in the back seat to avoid airbag injuries.
- ⊙ Keep water heaters set to less than 120 degrees to prevent scalding.
- ⊙ Pacifiers and toys should not be hung around the neck. Never use anything around your baby with long strings, as they can become tangled and strangle her.
- ⊙ Never leave your baby alone on a surface she could roll off (tables, beds, sofas).
- ⊙ Never use a microwave to heat a bottle as it can create hot spots in the formula and burn your baby's mouth. Check the temperature of the bottle before feeding. Some infants are content with room temperature or cool bottles.
- ⊙ STAY with your baby EVERY second while she's in the tub. If interrupted while bathing or changing a diaper, place her in a crib or on the floor to keep her safe. A baby can drown in a few inches of water.
- ⊙ NEVER prop a bottle as it may cause your baby to choke. Additionally, it can increase the risk of ear infections.
- ⊙ Keep your baby away from tobacco smoke. Smoke particles can stick to clothing and upholstery in the house and car. Smoke has been linked to asthma, ear infections and possibly SIDS.
- ⊙ Avoid holding your baby while you are cooking or drinking hot beverages as babies can move and be burned.
- ⊙ Install smoke detectors on every floor and check batteries monthly. Replace batteries every 6 months.
- ⊙ Keep EMERGENCY numbers including Poison Control (1-800-222-1222) near your telephone at all times.
- ⊙ Dress your infant the way you dress yourself. In colder weather, make sure she wears a hat because most of her body heat is lost through her head. Don't forget sunscreen. SPF 15-30 is enough. Reapply often.
- ⊙ Your baby is probably rolling over and will choose to sleep either on her back or tummy. There is no need to roll her onto her back at this age. Avoid floppy toys, pillows, comforters, and plastic where she sleeps because she could suffocate.
- ⊙ Because everything goes into babies' mouths, all toys should be washable, too large to be swallowed, and "non toxic". Watch for beads and small parts of toys that can be swallowed.
- ⊙ Never use a baby walker. Use stationary "exersaucers" instead.

## LOOKING AHEAD

Before your next visit your baby may:

- ⊙ be sleeping 10-12 hours a night and napping twice a day.
- ⊙ start crawling in the next few months.
- ⊙ prefer table food to baby food.
- ⊙ be into everything. Safety proof now!!

## SUGGESTED READINGS

Child of Mine: Feeding With Love and Good Sense,  
Ellyn Satter  
Healthy Sleep Habits, Happy Child, Mark Weissbluth

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## NOTES:

Poison Control Hot Line: 1-800-222-1222

- ⊙ Your next scheduled visit will be at 9 months.
- ⊙ There are no immunizations for the next scheduled