

6 Month Visit



NUTRITION

If you have not already done so, introduce solids while continuing breastmilk or formula. Depending on caregiver preference, introducing solids may begin with spoon fed purees, soft smashed pieces of food, or the baby-led weaning method which involves offering whole foods to the baby to hold and eat at their own pace. This method must be done with careful supervision with a baby sitting well. As you work up to three meals daily, they may slow down a little on their breastmilk/formula intake. Avoid choking hazards, including foods that are small, firm, round, or difficult to chew. Caregivers should be educated in signs of choking and rescue interventions. Do not give honey before 12 months of age, as this may cause botulism.

For breastfed babies, Vitamin D supplementation should be continued. Either iron drops or foods containing iron (like fortified cereals, meats or legumes) should be incorporated daily.

Strong evidence in worldwide **allergy** research suggests that offering your baby these allergenic foods several times per week to help desensitize your baby:

Creamy peanut butter (1tsp from your fingertip or mixed in cereal), whole egg (scrambled and pureed), tree nut butters (almond/cashew/hazelnut), soy (tofu, pureed edamame), sesame, well cooked shellfish (pureed), and milk in small amounts (yogurt).

See more detail on the "Helpful Hints for Feeding Your Baby" in the infant section on our website's Ages and Stages.

SAFETY

Start preparing for your baby to crawl. Move chemicals, cleaners and medications to high cabinets. Block off dangerous rooms and stairs with gates. Cover electrical outlets. Before your baby begins to stand, lower the crib mattress. Do not use walkers that move. It is ok to start using sunscreen. The car seat should still be rear facing, preferably in the center of the rear seat. Make sure your baby's toys do not have sharp edges and can't be broken. The water heater should be set below 120 F to prevent accidental burns. Post the Poison Control Hotline on your refrigerator: **1-800-222-1222**.

SLEEP

It is not too late to start a bedtime routine if you have not yet done so. Most babies should be able to sleep through the night without feeding in the middle of the night.

IMMUNIZATIONS

Today your child will receive the vaccination(s) circled below. Common side effects to vaccinations are fever, fussiness, or soreness at the site. You may give your baby acetaminophen (160 mg/5ml) or ibuprofen as needed for fever or fussiness over the next 24-48 hours. Our website has a dosing calculator to determine the right dose. **Please refer to our website to access the most up-to-date Vaccine Information Sheets from the CDC.**

DTap-Hib-Polio Pneumococcal Rotavirus Influenza/Flu

NAME: _____

DATE: _____

MEASUREMENTS

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ cm (_____ %)

DEVELOPMENT

At this age you may notice your baby:

- Starts babbling at others
- Copies sounds
- Starts to recognize their name
- Feels nervous with strangers
- Rolls over
- Sits with support by leaning forward on hands
- Reaches for, grabs and moves objects from hand to hand
- Tries to pick up objects using a raking motion of the hand

PROMOTING DEVELOPMENT

- Start playing games such as peekaboo and patty-cake.
- Copy noises your baby makes and let them respond.
- Keep reading to your baby daily.
- Do not let your baby watch TV.

FOCUS ON FAMILY

- Postpartum depression is common and can arise at anytime in the first year. If you find yourself feeling sad, anxious, or depressed, seek help and talk to your doctor.
- Consider joining or forming a play group. It is good for you and your baby to be with other people.
- Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

Next visit at 9 months