

Six Month Visit

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Feeding your baby

- Most babies have doubled their birth weight.
- Your baby's growth will slow down.
- If you're still breast feeding that's great! Continue as long as you both like.
- You may begin to feed your baby solid foods as soon as he 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.
- Hold, cuddle, talk to and sing to your baby each day

Starting new foods

- Introduce your infant to foods that you are eating. It's recommended to offer eggs, peanut puffs, meat, dairy and other foods.

Early introduction to foods can help decrease risk of allergies.

- **NO raw honey until 12 months of age.**
- Good sources of iron include
 - Red meat, beans, and greens.
- Introduce fruits and vegetables after your baby eats iron fortified cereal or pureed meats well.
 - Offer 1-2 tablespoons of solid food 2-3 times per day.
- Avoid feeding too much by following the baby's 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.
 - 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 the baby.
- Ask us about helpful resources if you are alone.
- Invite friends over or join a parents group.

NUTRITION AND FEEDING

ORAL HEALTH

- Choose a mature, trained and responsible babysitter or caregiver.
- You can talk with us about your childcare 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 up the bottle.
- Have regular times for your baby to eat. Do not let him eat all day.

Your baby's development

- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake and so big.
- Offer active play with mirrors, floor gyms and colorful toys to hold.
- Do not drink hot drinks when holding your baby.
- 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 playtimes.

Crib/playpen

- Put your baby to sleep on her back.
 - In a crib that meets current safety standards, with no drop side rail and slats no more than 2 3/8 inches apart.
 - If your crib has a drop side rail, keep it up and locked at all times. Contact the crib company to see if there is a device that keeps the drop rail from falling down.
 - Keep soft objects and loose bedding such as comforters, pillows, bumper pads and toys out of the crib.
 - Lower your baby's mattress.
 - If using a mesh playpen, make sure the mesh openings are no more 1/4 inch apart.

INFANT DEVELOPMENT



Safety

- Use a rear-facing car seat in the back seat in all vehicles, even for 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, use a playpen or high chair.
- Do not use a baby walker.
- Prevent burns by setting your water heater so the temperature at the faucet is 120° F or lower.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- 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.

SAFETY

What to expect at your baby's 9 month visit We will talk about...

- Disciplining your baby.
- Establishing routines.
- Helping your baby learn.
- Brushing your baby's teeth.
- Reading to and teaching your baby.

FAMILY FUNCTIONING