

Six Month Visit

Parent Handout

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.

- 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.



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 bathroom, even in a bath seat or ring.
- Always be close enough to touch your baby.

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.