

# Great Destinations Pediatrics



AGE: 6 MONTHS

Date \_\_\_\_\_

## GROWTH:

Weight:	lbs	oz	(	%)
Height:	inches	(	%)	
Head Circumference:	inches	(	%)	

## IMMUNIZATIONS:

DTaP	Diphtheria, Tetanus, Acellular Pertussis
HIB	Haemophilus B
PV13	Pneumococcal

## FEEDINGS:

If you have opted for the baby-led feeding, your baby should just about be sitting, so feeding can start! Remember the basic rules (ask for a full instruction handout if needed):

- 1) Start feeding only when your baby can sit upright in a high chair.
- 2) Only the baby puts food in their mouth (your job is to provide food, theirs to eat).
- 3) Skip the pureed baby food and feed what you are eating with the family at the table. It does not need to be cut into small pieces.
- 4) Remember, gagging is to be expected. Babies do this to prevent choking. Do not be scared.

If you have started the traditional method, you can either start with the baby-led way, or start Stage 2 foods. We would encourage adding some solids, also. Cheerios work great. Formula and/or breast milk should still be the bulk of your baby's diet, although you may now be feeding your baby 2-3 solid feedings per day. We are avoiding honey until 1 year of age and hard foods the size of the airway (whole nuts, whole grapes). Juice is not needed; in fact, due to the high sugar content, your baby would be better off without it. Teaching your child to drink water (without any juice added) may be one of the healthiest things you can do.

## DEVELOPMENT:

Your baby can probably sit with help, roll over and scoot across the floor. Some babies may even sit alone and crawl. Over the next three months your baby will become very mobile; scooting, crawling, and maybe even pulling to a stand and cruising (walking around furniture).

## **PLAY AND LEARN:**

Help your baby to become independent; let them crawl and reach for toys, don't hand them everything. Talk and read to your baby. Now is an acceptable time to use stationary walkers (no wheels) for a maximum of 30-60 minutes each day. Just remember, babies need lots of floor time. Toys your baby might enjoy are: pails, Tupperware, the boxes toys are packaged in, and anything with bright colors. Babies also really love all types of music, peek-a-boo games, and picture books.

## **SUNSCREENS:**

Although shade or covering your baby is preferred, make sure you apply sunscreen that is over 15 SPF, PABA free, and waterproof. Apply 30 minutes before going in the sun, and then reapply every hour. Use hats and sunglasses when you are out in the sun; make sure to give your baby plenty of cool fluids to drink.

## **SHOES:**

As your baby learns to pull to a stand, cruise and eventually walk, the subject of shoes comes up. In the house, bare feet are best. When your baby goes outside, make sure they have a soft sole, flexible shoe to protect their feet from heat and objects that will cut their sensitive skin. You don't have to spend a large amount of money on hard-soled baby shoes or expensive name brand tennis shoes. Just buy something you like that has a soft, rubbery sole.

## **SAFETY:**

1. Act like a baby- This may sound ridiculous, but crawl around your house and view the world from your baby's perspective. Anything you don't want your baby to eat, touch, or pull down-get rid of.
2. Poison Control- Place all medications, cleaners, and plants out of reach. Keep the **Poison Control** number **1-800-222-1222** handy.
3. Fire Safety- Keep matches, lighters, and cigarettes out of reach. Make sure your home has several working smoke alarms. Place a safety screen around your fireplace.
4. Crib Safety- Lower your baby's crib to the lowest level. Remove your baby's bumper pad so they don't use it as a step to jump out. Make sure window cords and curtains are tied up out of reach and away from the crib.
5. Car Seat- Keep using your car seat. If the baby is 20 pounds, you may purchase a larger car seat, but buy one that can be used facing the rear and keep you baby rear facing until at least 1 year of age, no matter how much they weigh.
6. Water Safety- Make sure your pool has a gate surrounding it. Keep your bathroom doors closed. Place toilet belts around the toilet to keep it locked and closed. Watch your baby around water at all times. Babies can drown in less than one inch of water.

## **WHAT'S NEXT?**

Your baby's next visit is at 9 months of age for a well check-up and a blood test for anemia and immunizations.