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## YOUR BABY AT 6 MONTHS

### I. FEEDING/SLEEPING

- A. By 6-7 months of age your baby can be on a regular eating schedule of three meals a day with healthy snacks in between. You can safely add beef, chicken, or fish to your baby's diet. Table foods, if of the proper consistency, are perfectly acceptable to serve at this age. If you are buying your foods, remember that "mixed dinners" contain only small amounts of beef or chicken. Consider buying jars of the meats or even preparing your own.
- B. **IMPORTANT** – Do not give your infant honey, peanut butter, chokable foods, or eggs until after 1 year of age.
- C. If you are still exclusively breastfeeding (not using formula) then your baby continues to need ADC Vitamin Drops for bone health.
- D. Babies may start on finger foods by 6-7 months of age, which can include Cheerios, Veggie Puffs, and fruit puffs. You may also introduce foods that can help your baby through teething, such as teething biscuits, large raw carrots, or bagels. These foods can help with coordination as well as easing gums that are sore from teething. Avoid small objects such as peanuts, M&Ms, or raisins as they can cause choking. Now is the time to begin offering a cup and using the highchair.
- E. **SLEEP:** The average infant sleeps for approximately a 10-12 hour period at night and is awake for 3-6 hour periods during the day. Remember, your baby does not need feedings during the night. Most babies will still be taking at least 2 naps during the day at this age. If your baby is experiencing nighttime awakenings to feed at this age, talk to us for useful tips to help her sleep at night.

### II. GROWTH/DEVELOPMENT

- A. Your baby will usually begin to cut the lower central incisor teeth at 5-7 months of age, and will usually cut the upper central incisor teeth 1-2 months later. This varies considerably from one child to another so don't get upset if your baby is early or late. These are the averages! It's important to keep your infant's teeth clean (use wet cloth or gauze). Teething may awaken your child during the night and cause loose stools and increased mucus production. Teething does not cause high fevers. Drooling does not necessarily mean that your child is teething.
- B. By now your child may be attempting to imitate sounds. Children can usually sit and stand with support while putting weight on their legs. They may be able to grasp with both hands, and transfer objects from one hand to another. Your baby also grasps objects and will place them in his/her mouth and is now beginning to become aware of their environment.

### III. SAFETY

- A. Eliminate all small objects that can possibly be put in the mouth.
- B. Almost constant surveillance is necessary; siblings and baby-sitters need careful instructions. Make sure your *entire* house is baby proofed: don't wait for an accident to happen.
- C. Remember, walkers with wheels are not safe. However, stationary ExerSaucers are safe for your baby.
- D. Car seats should stay rear facing until beyond 1 year of age. The newest recommendation from the American Academy of Pediatrics states that car seats should remain rear facing until your child is two years of age, or until he outgrows his car seat. In any event, your baby should remain rear facing until he is over age 1 **AND** over 20 pounds.
- E. The Poison Control telephone number is: 800-222-1222.

### IV. WHAT HAPPENS AT THIS VISIT

- A. After a developmental assessment and physical exam, another set of immunizations will be given today. Tylenol is not usually required, however if needed your child's dose of infant Tylenol drops is \_\_\_\_\_ml.
- B. We'll now begin 3-month intervals between check-ups.