

6 Month Visit

Family Well-Being

- Call on others for help.
- Encourage your partner to help care for your baby.
- Choose a mature, trained, and responsible babysitter/caregiver.
- Hold, cuddle, talk to, and sing to your baby each day.
- Get help if you and your partner are in conflict. Let us know. We can help.

Feeding Baby

- Most babies have doubled their birth weight by 6 months.
- Your baby's growth will slow down.
- If you are still breastfeeding, that is great! Continue as long as you both like.
- You may begin to feed your baby solid food when your baby is ready. Some of the signs of readiness include:
 - Opens mouth for spoon.
 - Sits with support.
 - Good head and neck control.
 - Interest in foods you eat.

Starting Solid Foods

- Introduce new foods one at a time, spacing new foods out every 3-4 days.
- After your baby eats iron-fortified cereals well, you can start introducing vegetables, pureed meats, and fruits.
- Offer 1-2 Tablespoons of solid food 2-3 times per day.
- Avoid feeding your baby 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 offering your baby a food to try before she will like it.
- Your child may now have some water to drink.
- Introduce your baby to a sippy cup

Healthy Teeth

- Many babies begin to cut teeth at six months.
- Use a cold teething ring if your baby has sore gums with teething.
- Avoid use of teething gels and tablets.
- Once teeth erupt, use a small amount of fluoride toothpaste (size of a grain of rice) on a toothbrush to clean each tooth.
- Do not give a bottle in bed.
- Do not prop bottles.
- Have regular times for your baby to eat. Do not let him eat all day.
- Ensure your water source contains fluoride.

Safety

- The car seat should be rear-facing in the middle of the back seat in all vehicles for the entire first two years of life.
- Your baby should never be in a seat with a passenger air bag.
- Remove coat before buckling in car seat.
- Keep your car and home smoke free.

- Keep plastic bags, balloons, and other small objects away from your baby as these can be choking hazards.
- Don't leave your baby alone in high places like beds or sofas.
- Set your hot water heater so the temperature at the faucet is at or below 120 degrees F.
- Do not drink hot drinks while holding your baby.
- Never leave your baby alone in bathwater. Always be close enough to touch your baby.
- While in the kitchen, use a playpen or high chair. Turn pot handles inward on the stove.
- Do not use a baby walker. Place gates on stairs.
- Close doors to rooms where your baby could be hurt.
- Crib safety: Lower the crib mattress all the way when your baby begins to stand. Don't use loose or soft bedding. If using a mesh playpen, make sure the openings are less than ¼ inch apart.
- Lock up poisons, medicines, and cleaning supplies. Call Poison Help if your baby eats them.
- Use sunscreen when outdoors. Reapply frequently.

Your Baby's Development

- Place your baby so she sits up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peek-a-boo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys.
- Promote quiet play: Hold and talk to your baby. Read to your baby often.
- If your baby is fussy, give her safe toys to hold and put in her mouth. Make sure she is getting regular naps and playtime.
- Put your baby to bed when she is sleepy but awake.

Poison Control Help Line: 1800-222-1222
Child Safety Seat Inspection: 1-866-SEATCHECK or seatcheck.org



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