

## YOUR 6 MONTH OLD INFANT

### GROWTH AND DEVELOPMENT – MILESTONES:

#### BY 6 MONTHS OF AGE IT IS COMMON FOR YOUR BABY TO:

- Blow raspberries
- Say “ba,” “da” and “ga” and start to babble (“babababa”)
- Reach for and grasp objects
- Use a raking grasp (using the fingers to rake and pick up objects)
- Pass object from one hand to the other
- Roll over both ways (back to front/front to back)
- Sit with support

There’s a wide range of what is normal and children develop at different rates. Talk to your Provider if you’re concerned about your child’s development.

### NUTRITION / FEEDING:

If you haven’t already, it’s time to introduce *solids*, starting with *iron-fortified rice cereal*. Let your Provider know if your baby has had any reactions to any new food (bloating, gas, vomiting, diarrhea, fussiness, rash) *Breast milk and formula* still provide most of your infant’s nutrition.

### SLEEPING:

At 6 months, infants average about 14 hours of sleep per day, usually with 2 daytime naps. Most babies this age usually “*sleep through the night*” for a stretch of at least 6 hours.

### WHAT TO LOOK FORWARD TO:

**Here are some things to keep in mind until your next routine visit at 9 months.**

1. You can start giving your baby **solid foods**.

a. Begin with a small amount of iron-fortified cereal mixed with breast milk or formula.

b. Use an infant spoon—do not put cereal in your baby’s bottle.

c. Wait until your baby successfully eats cereal from the spoon before trying other solids.

Introduce one new food at a time and wait about 3 days to watch for any allergic reactions before introducing another.

Wait until 1 year to introduce whole eggs, cow’s milk, citrus fruits or juices, and honey. Wait until 2 years to give seafood, peanuts, or tree nuts. You may need to wait longer if food allergies run in your family.

When introducing finger foods, usually around 9 months, avoid those that can cause **choking** (such as whole grapes, raw veggies, raisins, popcorn, hot dogs, hard cheese, or chunks of meat.)

2. If you give your baby **juice**, limit it to no more than 2-4 oz. (60-120 ml.) a day and always have juice in a **sippy cup** (which you can start at 6 months). Always provide **100% fruit juice**.

3. Do not put your baby to bed with a bottle.
4. Babies' teeth often first appear around 6-7 months. To ease pain/discomfort, rub gums with a clean finger, a clean wet washcloth, or a teething toy.
5. Wipe your baby's gums and teeth with a wet washcloth or use a soft, wet, infant toothbrush **without** toothpaste to clean your baby's teeth.
6. Talk to your doctor about **fluoride supplements** at 6 months. This is especially important for exclusively breastfed babies.
7. Between 6-9 months, babies who previously slept through the night may start waking up. Allow some time for your baby to settle back down. If fussiness continues, offer reassurance that you're there, but try not to pick up, play with, or feed your baby.
8. Still place your baby to sleep on the **back**, but it's okay if he or she rolls over.
9. **Read** to your baby every day.
10. Remove **crib bumpers** and **lower the crib mattress** as soon as your baby can pull to stand.
11. Create a **childproof** space for your baby to move around, play, and explore.

### **WHAT TO EXPECT AT YOUR CHILD'S NEXT CHECK UP:**

1. Check your baby's weight and length and plot on growth chart.
2. Perform physical examination.
3. Update immunizations.
4. Address concerns and offer advice.

### **QUESTIONS FOR YOUR CHILD'S PROVIDER:**

---

---

---

---

---

---

---

---