

WELL CHILD CARE AT 6 MONTHS

NUTRITION

- If you haven't already, you may begin introducing pureed single-ingredient cooked vegetables, followed by single-ingredient non-citrus fruits.
- Do not start more than one new food every few days.
- You may introduce pureed meats at 7 to 8 months and cooked egg yolk by 9 to 12 months. Do not introduce honey until after 12 months of age.
- Once your baby is tolerating chunky textures, you may begin to offer finger foods. Do not give any foods that require chewing (such as nuts) as these may pose a choking risk.
- Provide breast milk or formula with meals. Do not use whole cow's milk, even when preparing cereal, and always use a spoon to feed cereal, not a bottle.
- Begin introducing a sippy cup from time to time, but be prepared for a messy experience!
- Do not use a microwave to heat up your baby's food, as this may heat the food unevenly and cause scalding.
- When your baby begins to cut teeth, brush or clean them twice a day with water or a baby toothpaste.

DEVELOPMENT

- Rolls over both ways (front to back, back to front)
- Beginning to sit by themselves.
- Squeals, babbles, laughs, and can cry loudly!
- May be afraid of people they do not know.
- Looks for objects that are dropped from view

SLEEP

- 6-month-olds may not want to be put to bed. A calm and consistent bedtime routine will help make bedtime easier. Make the routine the same every night.
- Do not put your baby to sleep with a bottle. It will make weaning from the bottle easier when the time comes. And do not put a bottle in the bed with your baby.

SAFETY

- Keep cords, ropes, strings, hanging mobiles, plastic bags/balloons, and any small hard objects out of reach and away from the crib.
- Use only unbreakable toys without sharp edges or small parts that can come loose.
- Never eat, drink, or carry anything hot near your baby, and avoid eating foods around baby that might present a choking hazard (such as candy, hot dogs, nuts or popcorn).
- Keep all medicines, vitamins, cleaning fluids, and gardening chemicals locked away or disposed of safely.
- Keep this phone number to California Poison Control Center available: **1- 800-222-1222**
- Check your smoke detectors and carbon monoxide monitors to make sure they work. Make sure you have a fire and earthquake plan in place for your family.
- Turn down your water heater to 120 degrees F.
- Don't smoke in the house or near your baby.
- Consider getting a fire extinguisher in or near the kitchen.
- Make sure lamps, drawers, entertainment centers, and other tall objects/furniture are secured from falling over.
- Begin installing protective covers over unused electrical outlets, and regularly inspect for any cracked or frayed electrical cords.
- Use an approved infant car seat correctly in the middle of the back seat, facing backwards.
- Never leave your baby unattended in a car.
- Never leave your baby alone on a high place or near stairs. Keep crib and playpen sides up, and install safety gates on your stairways.
- Do not put your baby in a walker.

IMMUNIZATIONS

- Your baby will be receiving routine vaccinations at this visit.
- Make sure older household children and adults are up-to-date with their whooping cough vaccine (DTaP or Tdap). During flu season, make sure older household members are also immunized to prevent spreading the flu to your baby.
- Your baby may run a fever and be irritable for about a day after the shots. Your baby may also have some soreness, redness, and swelling where the shots were given. Cool compresses and acetaminophen should help decrease injection pain; sometimes warm compresses and gentle massage can help decrease muscle pain.
- Ask your doctor for dosage of Tylenol or acetaminophen based on the baby's weight.
- Call your doctor if your child has a rash or any other reaction besides fever and mild irritability, or if the fever lasts more than 36 hours.

NEXT VISIT

- The next routine visit is at 9 months of age.
- Please bring your shot record to each visit.