

Sixth Month Visit

Date:

NUTRITION

If you have not already done so, start giving your baby solid foods. Some general guidelines:

Start with infant rice cereal mixed with breast milk or formula.

After about one week of cereal, you can start pureed vegetables or fruits.

Introduce new foods slowly – just one food every three days.

Be aware that your baby's bowel movements will change when you start solid foods.

Do not give your baby cow's milk or honey.

Try to get the baby on a feeding schedule, if not already on one. In general, most babies will have three meals a day consisting of breast milk or formula along with solid foods plus an additional breast feeding or bottle at bedtime. As you transition through stage one, two, and three foods and then to table foods over the next two to three months, avoid foods that are choking hazards. Your baby does not need juice unless constipated, and then limit to no more than four ounces per day. If your baby drinks less than 32 ounces of formula a day, keep giving Vitamin D supplementation.

SAFETY

Start preparing for your baby to crawl. Move chemicals, cleaners and medications to high cabinets. Block off dangerous rooms and stairs with gates. Cover electrical outlets. Before your baby begins to stand, lower the crib mattress. Do not use walkers that move. It is ok to start using sunscreen. The car seat should still be rear facing, preferably in the center of the rear seat. Make sure your baby's toys do not have sharp edges and can't be broken. The water heater should be set below 120 F to prevent accidental burns. Post the Poison Control Hotline on your refrigerator: **1-800-222-1222**.

SLEEP

It is not too late to start a bedtime routine if you have not yet done so. Most babies should be able to sleep through the night without feeding in the middle of the night.

IMMUNIZATIONS

DTap (diphtheria, tetanus, and pertussis)/Hib (haemophilus influenza)/Polio; Prevnar, Rotavirus.

Possible side effects include:

Fever

More irritability or fussiness

Redness or swelling at the site of the shot

You may give your baby acetaminophen or ibuprofen as needed.

MEASUREMENTS

Weight: _____ Lbs _____ oz (_____ %)

Height: _____ inches (_____ %)

Head circ.: _____ inches (_____ %)

DEVELOPMENT

At this age you may notice your baby:

Starts babbling at others

Copies sounds

Starts to recognize their name

Feels nervous with strangers

Rolls over

Sits with support by leaning forward on hands

Reaches for, grabs and moves objects from hand to hand

Tries to pick up objects using a raking motion of the hand

PROMOTING DEVELOPMENT

Start playing games such as peekaboo and patty-cake.

Copy noises your baby makes and let them respond.

Keep reading to your baby daily.

Do not let your baby watch TV.

FOCUS ON FAMILY

Postpartum depression is common and can arise at anytime in the first year. If you find yourself feeling sad, anxious, or depressed, seek help and talk to your doctor.

Consider joining or forming a play group. It is good for you and your baby to be with other people.

Try to find time for you and your partner to be alone. Taking care of yourselves will allow you to take better care of your family.

Next visit at 9 months

