

## Things to Keep in Mind, continued:

- Keep pet food and dishes out of reach; do not permit the baby to approach the dog while the dog is eating.
- Install gates at the top and bottom of the stairs; place safety devices on second story bedroom windows.
- Read books to your baby and encourage imitation and pointing.
- Talk and sing to your baby.
- Your baby works and plays all day; they may like to bounce, swing, to reach for, pick up, bang and drop objects.
- Clean infant's teeth with a soft brush when the first tooth pushes through the gum.
- Distraction works well for discipline of a young child – if they are doing something you feel they should not, move them away from that place or object, and help them get interested in something else.
- Never leave cups of coffee, liquids or cigarettes on tables or counter edges; never carry hot liquids or food near your child or while you are holding them.



## AT 6 MONTHS, YOUR BABY CAN:

Roll over, scoot around, bounce and sit up alone (or soon will).

Reach for objects and hold them.

Bring feet to mouth.

Turn to a voice when called and recognize strangers.

Cry when left alone in a room.



# AT 6 MONTHS



## TO CONTACT YOUR MEDICAL HOME:

# 6 MONTH VISIT

Weight \_\_\_\_\_ Length \_\_\_\_\_

## Today's Visit

- You and your provider will talk about your baby's growth and development.
- Your provider will ask for an update on your baby's health.
- Your baby will have a physical examination and may receive immunizations.
- You will fill in a questionnaire about your baby's development.

## Things you may want to discuss:

- Your baby's daily activities.
- Questions about breastfeeding or bottle feeding.
- Your baby's diet and starting solid foods.
- Concerns about your baby's hearing or vision.
- Child care arrangements.
- Changes in your family since your last visit.

## Next Visit

### How to prepare:

- Keep track of illnesses and injuries, including visits to other health providers and the emergency room.
- Don't forget to bring your child's Medicaid or insurance card.
- Share what you have learned at today's visit with other family members and caregivers.
- Note changes in your baby's eating or sleeping behavior.

### What to expect:

- Your baby will have a physical examination and receive additional immunizations.

## Things to Keep in Mind:

- Childproof your home; keep small and sharp objects, plastic bags, hot liquids, poisons, medications, outlets, cords and guns out of reach.
- Check the kitchen and bathroom; remove detergents, cleaners, solvents, hair supplies and toiletries. Put them up high, get rid of them, or put safety locks on the cabinet doors.
- Keep the baby's environment smoke-free.
- Start single-ingredient foods one at a time. Provide iron-rich foods.
- Limit juice to 2 to 4 ounces per day.
- Do not give your baby foods that could cause choking such as peanuts, popcorn, carrot sticks, whole grapes, raisins, whole beans and hard candy.
- Feeding time will be messy. Don't scold or make the baby unhappy about this – your baby is learning to eat.
- Do not give honey until after the child's first birthday.
- Do not use a baby walker – walkers can cause injury, and delay learning and development.
- Do not leave your baby alone on a bed, in the yard or in a bathtub.
- Keep crib rails at the highest setting so your baby will not fall when he learns to pull up.