



6 MONTHS

As your baby grows, he or she will learn new things. These are some things you can watch for, and some actions you can take to help your baby learn and be healthy. If you have concerns about your baby's growth or development, talk to his or her doctor.

Visit this link for milestones. <https://tinyurl.com/yxcrmtcv>

Your baby can

- Sit with support, roll over
- Reach for and grasp objects, transfer objects hand to hand
- Comfort self, babble, turn to sounds
- May develop stranger anxiety/separation anxiety. Use of a comfort item may help
- Bring things to mouth, chew on objects

You can

- Read to your baby, sing songs, talk about objects/actions
- Call baby by name
- Vary the way you talk: low/high pitch, whisper, make funny noises
- Repeat sounds and movements of baby, baby may imitate you.

Learn more at <https://tinyurl.com/y2aac4xv>

When your child has regular checkups their doctor is able to track their growth and development and identify concerns. You have a chance to build a relationship of trust and address your concerns. Your baby is due for a well check up with immunizations at 6 months. Immunizations help prevent serious illnesses. Visit this link for more information about vaccines. <https://tinyurl.com/he2exr9>

- Brush teeth and gums with rice sized smear of fluoride toothpaste
- Never put baby to bed with bottle to prevent baby bottle tooth decay
- Call doctor with any questions or concerns

Keep your baby safe!

- Avoid exposure to cigarette smoke
- **Must** be in rear-facing car seat until 2 years of age <https://tinyurl.com/olvsczo>
- Avoid sun exposure – keep baby in shade & use protective clothing
- Insect repellent can be used
- Baby should be alone, in safe crib, on back when sleeping. **Never** co-sleep
- Supervise your baby at all times!
- Baby should never be shaken or handled roughly or yelled at

Feed your baby!

Your child can begin eating solid foods at about 6 months old. By the time he or she is 7 or 8 months old, your child can eat a variety of foods from different food groups. These foods include infant cereals, meat or other proteins, fruits, vegetables, grains, yogurts and cheeses, and more.

Learn more about first foods at <https://tinyurl.com/y9gflmtj>

- Offer Iron fortified cereals (rice initially), then vegetables, fruits, and meats
- Offer water or formula in a sippy cup
- Allow 5 days between new foods to watch for allergy
- Breastfeed as long as desired, pump when away from baby

Take care of you!

Taking care of baby requires a lot of energy and attention. Especially as he starts to move around more! Take care of baby by taking care of you!

<https://tinyurl.com/vglwggg>

- Take a walk with baby
- Take time for you
- Spend time with your loved one or time with a friend away from the baby
- Enlist a friend or family member to watch baby while you take a break

Poison Control Hotline 1-800-222-1222

