

Kids First Pediatrics on 30

6 Months

What should my baby eat? (see also feeding chart)

- Continue Breastfeeding or bottle-feeding
- Offer sips of water from sippy cups
- Feed infant solid foods. Four meals a day is recommended with 3-4 day intervals. Iron fortified cereal should be included in the diet.
- Stay away from juices and sweets!

What should I expect from my baby?

- Vocalizes single consonants "dada", "baba" -Babbles back to you -Rolls over -Holds head well
- Sits with support -Puts everything in mouth -Starts to self-feed -Turns to sounds
- Smiles, laughs, squeals -Transfer objects hand to hand -"Rakes" small objects

When will my baby sleep?

- Most babies usually nap twice a day -Place on back to sleep!
- It is okay for baby to be put to bed while still awake; It teaches your baby how to console him/herself.
- Continue the bedtime routine and encourage baby to put him/herself to sleep.

What can I do to keep my baby safe and healthy?

Since baby is becoming more active, he/she needs constant attention

- "Child proof" your home by putting locks on cabinets (Tot Locks work great- don't lose your magnet key!), covering outlets with a plastic plug (or replace w/Safe-Plates, pricey but nice), keeping small and sharp objects out of reach and off the floor, keep plastic bags, balloons, chemicals well out of reach.
- While trying to stand, baby could pull down tablecloths, lamps, drawers, and electrical cords. Keep hot liquids and irons in a place where they can't come in contact with baby.
- Do not leave baby unattended on a bed, changing table, or tub.
- Don't overexpose to sun. Use baby sunscreen (be careful- can still burn!)
- Brush gums/teeth with baby brush & small amount baby toothpaste

What else can I do for my baby?

- Continue to encourage vocalization by talking, singing, playing music, reading, and playing social games like peek-a-boo and pat-a-cake
- Provide opportunities for exploration
- Set limits and discipline at this age. Limit the number of rules, and consistently enforce them

By 9 months, what should my baby be able to do?

- Sit well, crawl, and may walk holding onto furniture
- Pick up objects with thumb and index finger, feed him or herself, bang objects together
- Respond to own name, understand a few words such as "no" or "bye-bye"
- May react to unfamiliar adult with anxiety or fear
- Mimic words
- You may have trouble changing diapers (flipping, turning, laughing)
- Will teethe like crazy

When is my baby's next checkup?

- Your baby's next checkup will be at 9 months. He/she will receive a blood test to check for anemia.