

6 Month Visit

Your Baby's Development

- ★ Place your baby so they are sitting up and can look around.
- ★ Talk with your baby by copying the sounds they make.
- ★ Look at and read books together.
- ★ Play games such as peekaboo and patty-cake.

Starting Solids

- ★ At 6 months old you can start introducing solid foods. See the starting solids handout for more information.
- ★ You should avoid honey until 12 months old.

Supplements

- ★ At 6 months old your baby can now have Motrin if needed.

Teeth

- ★ Clean gums and teeth (as soon as you see the first tooth) 2 times per day with a soft cloth or soft toothbrush and a small smear of toothpaste (no more than a grain of rice).
- ★ Fluoride toothpaste is good to use!
- ★ Don't give your baby a bottle in the crib, never prop the bottle.
- ★ Don't share spoons or clean the pacifier in your mouth.

Safety, Sleep

- ★ If your baby has reached the maximum height/weight allowed with your rear-facing-only car seat, you can use an approved convertible or 3-in-1 seat in the rear-facing position.
- ★ Continue to put your baby to sleep on their back. If they flip onto their belly on their own, it is okay to leave them there but always put baby down on their back.
- ★ Lower the crib mattress all the way.
- ★ 6- months old is a great time to start sleep training. A great resource to help is the book Precious Little Sleep by Alexis Dubief.
- ★ Do a home safety check (stair gates, barriers around space heaters, and covered electrical outlets).
- ★ Keep poisons, medicines, and cleaning supplies locked and out of your baby's sight and reach.
- ★ Put the Poison Help line number into all phones, including cell phones.
- ★ When you bring your baby outside, put a hat on your baby and apply sunscreen with SPF of 15 or higher on their exposed skin.

What will be due at the 9-month visit?

- ★ Routine lead & hemoglobin capillary (finger prick) test in the office.
- ★ *Can get the flu shot if not previously given and the appointment is during flu season.
 - Will need booster dose 28 days after the first dose

Helpful Resources:

- Smoking Quit Line: 800-784-8669
- Poison Help Line: 800-222-1222
- Information About Car Safety Seats: www.nhtsa.gov/parents-and-caregivers
- Toll-free Auto Safety Hotline: 888-327-4236

Sources:

<https://brightfutures.aap.org>

<https://healthychildren.org>

<https://cdc.gov>