

## **DEVELOPMENT**

- At 6 months your baby may begin to sit without support or needing minimal support.
- Infants will rake for objects with open hands and fingers. They also can transfer objects from one hand to the other.
- Your infant may start to know the difference between strangers and his family or caretakers. He/she may cry or get upset around strangers or infrequent visitors. This is normal, and is likely to become more common over the coming months.
- Your baby may start to imitate your speech sounds, say “mama or dada” indiscriminately. “Dada” may come first as it is easier to say.
- Babies may also pull on things nonspecifically (i.e. ears).
- Head control continues to improve.

## **DIET**

- If you haven't already tried, you may begin to add stage one or two baby foods to your baby's diet.
- Advance the baby's diet as quickly or slowly as you and the baby are comfortable. Remember; try not to introduce too many new things at a time.
- Continue on formula or breast milk until 12 months of age. The change over to whole milk occurs at that age. Diluted juice is also OK to give at this age, but it is not necessary.
- Your baby may try to help feed him/herself - expect the messiness!
- Avoid raisins, popcorn, peanuts, raw carrots, uncut hot dogs, uncut grapes and other small objects of food that your baby could choke on.

## **HYGIENE/CLOTHING**

- Teeth (if present) may be cleaned with gauze or a soft washcloth.
- Shoes are needed only to protect the child's feet from cold and sharp objects. The feet also need of freedom of movement. Buy well fitting soft soled and flexible shoes, like tennis shoes. High-topped shoes are not comfortable or necessary. Inexpensive shoes are preferred because the baby will grow out of shoes quickly.
- The frequency of bathing varies, and is not necessary on a daily basis for most babies.

## **SAFETY**

- Bath time can be playtime. **Your child must be attended at all times.**
- Car seats should be used on all car rides, continue rear facing until one year of age **and** 20 pounds.
- If your child is going to be exposed to sunlight you should apply sunscreen, SPF 25 or higher. (recommended for age > 6 months)
- Your infant may begin to start crawling soon - keep all medicines locked up and keep all household detergents or potential poisons up high or locked up. Be sure no small objects, which could be swallowed, are within reach of your child.
- Protect your infant from hot liquids and surfaces. Avoid using appliances with dangling cords that the infant can tug on. As your child begins to stand, he/she may pull down tablecloths. Check drawers that can be pulled out and fall on your child.
- Use plastic plugs in electrical outlets.
- Plastic wrappers, bags, balloons, small objects, disk batteries, and hard candy should be kept out of reach.
- Use gates at stairways to prevent your child from accessing them.
- Keep Poison Control's phone number (513-636-5111) where they are easily accessible if your child ingests anything he/she should not have. Never give Syrup of Ipecac before first talking to Poison Control Center, because some poisons should not be vomited.

## **TOYS**

- Walkers do not help your child learn to walk and are not recommended because of a high potential for injury--DO NOT USE.
- Children at this age enjoy books with big pictures, activity boxes, and soft stacking blocks and bath toys.
- Children enjoy jolly jumpers and stationary exercisers such as the Exer-saucer.

## **STIMULATION**

- You should pull your child up to the sitting position, hold him/her in the standing position, and talk to your child.
- Children at this age like you to play “peek-a-boo” with them.
- Music and singing can also be soothing.

## **IMMUNIZATIONS**

- Today your infant will be getting his third set of immunizations with DtaP, Prevnar, Hib, and Rotavirus vaccines. Similar to last visit, although the Polio vaccine is not given today. Vaccine information will be given to you and can also be accessed via our website @ [esdpeds.com](http://esdpeds.com).
- Again, your baby may develop pain or redness at the site of the injection or develop a fever for up to 48 hours after the injection. To help alleviate some of these symptoms, you may use acetaminophen drops (Infant Tylenol). The dose is: \_\_\_\_\_ every 4 hours as needed.
- The following reactions are rare. Please call us if your infant has a fever of 103°F or greater, inconsolable crying, high-pitched cry, difficulty waking, has a convulsion, or any other reaction that seems to be severe.