

6 MONTH CHECK-UP

SQUEAL AND BABBLE TIME!

Your baby is more active and playful now.

NUTRITION

Baby foods can be advanced as the baby learns to adapt to different flavors and textures.

Make cereal with formula or breast milk only. Use a spoon to feed your baby cereal, not a bottle or an infant feeder. Sitting up while eating helps your baby learn good eating habits.

Do not start meats until your baby is 7 to 8 months old. Do not give foods that require chewing.

Hold the baby to feed the bottle. Do not prop the bottle with a pillow.

Breastfeeding is still on demand, whenever the baby wants. Try to pump and let Dad or any significant other feed the baby so you can rest and, they get an opportunity to bond with the baby.

If your baby is formula fed and is taking more than 5 ounces per feed, it might be a good time to start cereal.

Try any new food no often then every week to check for any allergies like hives, diarrhea, or blood in stools.

Homemade is just as good as store bought. Gerber Stage 1 to 2 is appropriate for her age.

Everything must be well cooked and pureed. Do not add salt or sugar.

Your baby will still need breast milk or formula until she is one year of age.

Juices can be started at this time. Give 4 oz. of juice a day mixed with cereal. The vitamin C in the juice helps the body absorb the iron in the cereal better.

DEVELOPMENT

By this age you baby will be:

- rolling over and beginning to sit by themselves.
- Reach or grasp rattles and toys and put everything in their mouth
- squeal, babble, laugh, and often cry very loudly. They may be afraid of people they do not know.
- Read books with colorful pictures with your baby and talk to your baby a lot.



**LATA SHRIDHARAN
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Paste your child's picture here



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SLEEP

Most babies are sleeping through the night by this time.

If that's not the case, don't worry. Having consistent bedtime routines will enable a good night's sleep very soon.

Develop a bedtime routine like reading a book, singing a lullaby, turning the lights out, and giving a goodnight kiss. Make the routine the same every night.

TEETHING

Teeth erupt anytime from 6 months to a year of age. Babies could have teething issues until 2 years of age. Massage their gums with your clean fingers or use OTC pain gels for relief. It is okay to give Tylenol or acetaminophen once in awhile. If your baby has any other symptoms, let your doctor know.

SAFETY

Do not give your baby foods which might cause choking (such as candy, hot dogs, popcorn, peanuts).

Give food cut in small pieces

Check your smoke detector to make sure it is working.

Keep all electrical appliances out of the bathroom.

Turn your water heater down to 120°F (50°C).

Make sure windows are closed or have screens that cannot be pushed out.

Do not leave the baby alone, except in a crib. The rails should not be more than 2 and 3/8 inches apart.

Never leave an infant or toddler in a bathtub alone, not even for a few seconds!

Be within arm's reach of your baby around any water, including toilets and buckets. Infants can drown in a bucket that has water in it.

Keep all medicines, vitamins, cleaning fluids, and other chemicals locked away. Poison Hotline: 1-800-222-1222

IMMUNIZATION

Your baby will receive the following shots at this visit:

- DTaP (diphtheria, acellular pertussis, tetanus) shot
- Hib (hemophilus influenza type B) shot
- IPV (inactivated polio) shot
- PCV (pneumococcal) shot
- Rota (oral rotavirus) vaccine
- Hep B (Hepatitis B)

Call back for any unusual side effects.

We will see you and your baby back at the 9 month check up. Do not forget to bring your shot records to get it updated.

Thank you for letting us be a part of your child's life!

"Children are love made visible" – A Saying