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## Six Month Well Child information

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### NUTRITION

- Your baby may be ready for solid foods when he can sit with minimal support, has good head control, can turn his head away when full, and can move small amounts of pureed food around in his mouth.
- Start with single ingredient foods to help monitor for any allergic reactions.
- Do not give honey before 1 year of age.
- You may give your baby juice, which can be diluted with water. Do not give your baby more than a couple ounces of juice per day.

### SAFETY

- Set your water heater at 120 degrees F.
- Provide a tobacco, alcohol and drug-free environment.
- Equip your home with smoke and carbon monoxide detectors.
- Install gates at the top of all stairs.
- Never leave your baby on a high surface.
- Never leave your baby unattended near any amount of water.
- Keep all medicines, poisons, chemicals and cleaning products out of reach.

### ENCOURAGING DEVELOPMENT

- Talk and play games with your baby like "peek-a-boo", "patty-cake", and "so big."
- Take your baby on walks. Point to and talk about people and objects that you see.
- Use body movements and actions to teach new words, such as saying and waving "bye-bye."

### SLEEP

- At this age, most babies take 2 to 3 naps each day and sleep 14 to 15 hours per day.
- Lay your baby down to sleep when he is drowsy but not completely asleep so he can learn to self-soothe.
- The safest way for your baby to sleep is on his or her back. This reduces the chance of sudden infant death syndrome (SIDS).
- Keep soft objects (blankets, bumper pads, stuffed animals) out of the crib.
- DO NOT allow your baby to share a bed with adults or other children.
- Your baby may start to pull herself up in the crib. Lower the crib mattress all the way to prevent falling.

### IMMUNIZATIONS

- Rotavirus
- Tetanus
- Diphtheria
- Pertussis (whooping cough)
- Polio
- Hib (haemophilus)
- Hepatitis B – if it was not given at birth
- Prevnar (pneumonia)
- Influenza (in season)

**NEXT WELL CHILD VISIT: 9 MONTHS**