

CMA 6 Month Well Baby Visit

Development

Most babies by this age:

- Lean on hands and support self, sitting
- Roll from tummy to back
- Pushes up with straight arms when on tummy
- Knows familiar people
- Laughs
- Likes to look at self in mirror
- Blows raspberries
- Makes squealing noises
- Puts things in mouth to explore
- Reaches for toys

Nutrition/Feeding

- Continue breast milk or iron-fortified formula for first year
- If breastfeeding give Poly-visol with iron
- Provide Vit D 400 Units until weaned from breastmilk or taking 32 oz Vit D fortified formula
- Provide baby cereal (a main source of iron), fruits, veggies, and meats.
- May introduce new foods every 2-3 days
- Avoid adding salt, sugar, mixed seasonings
- Avoid honey and regular cow's milk until 1 year of age. No fruit juice
- Avoid choking foods: nuts, hotdog slices, raw carrots, whole grapes, large pieces of fruit, popcorn etc.
- Offer water in cup to begin cup proficiency
- Between 7-9 months of age, child may be ready to start small bite sized pieces of soft finger foods such as bananas, potatoes etc.; then may add firmer bite size pieces of food such as peas, cooked carrots, string beans etc.
- Put only few pieces of food on plate at a time and make sure child has swallowed them before adding more

Hygiene

- Bathing 2-3 times a week or more is ok
- Use Q-tips in outer areas of ears only
- Keep fingernails short
- Start brushing teeth with tiny smear of fluoride toothpaste
- **Maintain good hand washing practice**

Sleep Issues/Help

- May sleep at least 8 hours without a feeding
- May resist going to bed due to separation anxiety; providing a "lovey" may help
- Establish bed-time ritual

- May wake in middle of night to practice new skills (standing, crawling); provide reassurance and pat back to bed

Safety

- Safety proof home; no exposed outlets, cords, medicines, chemicals out of reach; use smoke detector, water temperature less than 120 degrees, safety gates on top and bottom of stairs
- Lower crib mattress to lowest setting
- Always use car seat rear facing
- Never leave baby unattended on any surface above the floor
- Never leave baby alone in house, yard, or car
- Remove all small objects that baby can choke on
- Avoid smoke in baby's environment; has been linked to asthma, ear infections and SIDS
- Infant walkers are not recommended
- Avoid holding baby while you are cooking or holding hot beverages
- Keep Emergency numbers and Poison Control (1-800-222-1222) numbers near phone at all times
- Keep crib away from window and curtain cords
- Use sunscreen SPF 15 or higher when outdoors for extended periods of time
- Do not hang pacifiers/toys around neck
- Never leave baby alone in tub or near pool of water

Stimulation/Activities

- Pots and pans
- Objects in containers
- Objects to drop
- Water toys
- Read books together
- Play peek-a-boo
- Talk, sing, cuddle
- Dance together with music
- Balls for crawlers to chase
- Activity boxes/activity tables
- Safe space to explore
- No spanking: try substitution/distraction
- Provide consistent routines

Next Well Baby Visit at 9 months

*See CMA links page for more helpful health information: www.cmanva.com