



Developmental Notes - Six Months

Milestones:

By six months of age most infants sit with support or use their hands to support themselves in a tripod position. They may also rock up on hands and knees in a crawling position. They will bear some weight on their lower extremities. They will transfer objects hand to hand. They may be able to hold their own bottle, play with their feet and start making babbling noises (dadada, bababa, gagaga, mamama etc...).

Safety:

It is time to child-proof your house as your infant will start rolling and crawling soon if not already.

In case of a poisoning, call the Poison Control Center at 1-800-222-1222.

Please post this number by all of your phones.

Infant walkers do not teach infants to walk and are extremely dangerous. "Johnny Jump Ups" are also dangerous and can pose a risk of strangulation due to the long cords that are part of these devices.

The car seat should be placed in the back seat of the car facing rearwards. Once an infant is one year of age **and** weighs twenty pounds, the car seat may be turned to face frontwards. Do not place this seat on anything but the floor when the seat is outside of the car.

Never leave a baby unattended on a bed or changing table. Select toys that are unbreakable, contain no small detachable parts or sharp edges, and are too large to swallow. Never drink hot liquids while handling an infant.

Infant swim classes are not recommended. Water intoxication with seizures makes these programs somewhat hazardous. It is unlikely that you can make an infant "water safe."

Sleep Position:

The American Academy of Pediatrics recommends all infants be put to sleep on their backs. Once your infant can roll over, there is no need to flip your child onto his back if he rolls over onto his tummy while sleeping.

Teething:

The average age for an infant to start teething is six months. The first teeth to come in are usually the bottom two teeth in the front (the central incisors). If your child seems fussy while the teeth are erupting, you can use Tylenol to help with the pain.

Diet:

Breastfeeding: Every three to six hours on demand. Breastfed infants are ready for solids.

Formula: Use an iron containing cow's milk based formula every two to four hours as needed. Your doctor will help you determine if a special formula is needed. Most babies this age eat 24 to 32 ounces per day. Your child will determine the amount he/she needs.

Breakfast: Cereal, fruit, breast milk/formula

Lunch: Vegetables, breast milk/formula

Dinner: Vegetable, meat, breast milk/formula

Note: You may start using a sipper cup. Ice Cream, yogurt and mashed potatoes are ok to try. Please avoid teething biscuits as they may be a choking hazard.

Meats: Meats can be introduced every three days as with all other new foods. We recommend the “combo meat and vegetable” foods as the plain meats are often not very tasty. You may puree your own meats. Please do not add extra salt.

Honey: Do **NOT** give your child raw or uncooked honey in the first year of life. Honey may contain botulism spores. Botulism is a complicated disease that can cause muscle paralysis. Please do not feed your infant raw or uncooked honey or put it on your child's pacifier.

Vegetables: Vegetables can be fed at “lunch time”. Stage I Jar brands, frozen or vegetables pureed at home all are fine. Start with the yellow vegetables first, i.e. carrots, squash, sweet potatoes, then move to the greens. Try a different vegetable no more frequently than every three days. This may give you a better chance at detecting food allergies.

NOTE: Yellow vegetables may cause your infants skin to appear orange in color. This is called carotenemia. Do not worry about this as it is a normal process and is not harmful. It will disappear once the volume of foods containing Beta carotene is diminished.

Fruits: A new fruit may be added at breakfast or dinner along with the cereal. Try a new fruit every three days to watch for allergies. Bananas, pears, peaches and apple sauce are okay to try.

Vitamins:

If your child consumes less than six ounces of fluoridated drinking water each day, please ask our physicians regarding supplementary vitamins.

All infants require vitamin D to prevent rickets and vitamin D deficiency. Regretfully, breast milk does not provide this essential vitamin. Therefore, all breastfed infants, unless they are weaned to at least 33 ounces of vitamin D-fortified formula or milk, require vitamin supplementation with at least 400IU (international units) of vitamin D per day.

Similarly, all non-breast fed infants who receive less than 33 ounces of vitamin D-fortified formula, should receive vitamin supplementation with at least 400IU (international units) of vitamin D per day.