



APL Bright Futures Handout

6 Month Visit



Here are some suggestions from your doctors and Bright Futures experts that may be of value to your family.

NUTRITION AND FEEDING

Feeding Your Baby

- Most babies have doubled their birth weight.
- Your baby's growth will slow down.
- If you are still breastfeeding, that's great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula.
- Now is the time to start solid foods if your baby has not already done so.
- Some of the signs your baby is ready for solids:
 - Opens mouth for the spoon.
 - Sits with support.
 - Good head and neck control.
 - Interest in foods you eat.

Starting New Foods

- Also refer to the "Starting Solid Foods" handout online for more detailed instructions.
- Introduce new foods one at a time.
 - Start with single ingredient yellow or orange vegetables first and then green vegetables. After trying a variety of vegetables, then move on to single ingredient fruits and then lastly meats. Introduce only one new food at a time for 3 days. On the fourth day, you may try a different new food and again give that new food for 3 days before moving on to another new food etc.
- This will give you a better chance to detect a food allergy.
- Avoid feeding your baby too much by following the baby's signs of fullness.
 - Leaning back
 - Turning away
- Do not force your baby to eat or finish foods.
 - It may take 10–15 times of giving your baby a food to try before she will like it.
- Avoid foods that can cause allergies—peanuts, tree nuts, fish, and shellfish. Do not feed your baby uncooked honey.
- To prevent choking:
 - Only give your baby very soft, small bites of finger foods.

- Keep small objects and plastic bags away from your baby

FAMILY FUNCTIONING

How Your Family Is Doing

- Call on others for help.
- Encourage your partner to help care for your baby.
- Ask us about helpful resources if you are alone.
- Invite friends over or join a parent group.
- Choose a mature, trained, and responsible babysitter or caregiver.

ORAL HEALTH

Healthy Teeth

- Many babies begin to cut teeth.
- Use a soft toothbrush to clean each tooth with water only as it comes in.
- Provide 6 ounces of fluoridated drinking water each day
- Do not give a bottle in bed.
- Do not prop the bottle.
- Have regular times for your baby to eat. Do not let him eat all day.

INFANT DEVELOPMENT

Your Baby's Development

- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes.
- Put your baby to bed on her back when she is sleepy but still awake. Once she can roll onto her tummy on her own, then it is okay to let her stay on her tummy for sleep

Crib/Playpen

- Lower the crib mattress all the way when your

baby begins to stand.

- Use a crib with slats close together (2 3/8 inches apart or less).
- When your baby is in the crib, make sure the drop side is up.
- Don't use loose or soft bedding or bumpers.
- Use a mesh playpen with weaves less than 1/4 inches apart.

Milestones

- By this age most infants sit with support or use their hands to support themselves in a tripod position. They may also rock on their hands and knees, bear weight on their legs, and transfer objects from hand to hand.
- By nine months they can sit alone, may crawl and pull to stand, cruise the furniture and use the pincer grasp to pick up objects.

SAFETY

Safety

- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
- Never put your baby in the front seat.
- Don't leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker or jumper seats.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
 - Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help 1-800-222-1222 if your baby eats them.

Poison Help: 1-800-222-1222

**Child safety seat inspection:
1-866-SEATCHECK;
seatcheck.org**

