



# PEARLAND PEDIATRICS

& SPORTS MEDICINE

FOR YOUR 6 MONTH OLD

## FEEDING

Breastfeed your baby 4-5 times a day, or until your baby seems content. Continue prenatal vitamins while breastfeeding.

If breastfeeding, discontinue Vitamin D and start multivitamin with iron, such as Yum by Nova Ferrum or Poly Vi Sol w/ iron.

If you do not exclusively breastfeed, use an iron-fortified infant formula. At 6 months, many babies eat up to 26-32 ounces per day. It is normal for formula intake to decrease as solid food intake increases.

Healthy babies do not need supplemental water, but your baby is now old enough for 2-4oz of water in a sippy cup.

Juice should not be given to babies unless recommended by your pediatrician for medical reasons, such as constipation.

Do not give honey in the first year.

Offer "Stage 1" meals and meats or make your own.

If you are a vegetarian or vegan, it may be necessary to consult a nutritionist to ensure your baby gets enough protein and nutrients.

Over the next few months, your baby will want more texture in his diet. Try avocado, banana, and other soft table foods to feed herself.

## ELIMINATION

Once your baby begins to eat solids, there will be normal changes in the stools (frequency, color, and consistency).

## GENERAL PRINCIPLES FOR INTRODUCING SOLIDS

Be alert to your baby's cues; do not force your baby to take solids if he isn't ready.

Use a small plastic-coated spoon to feed; no need to put cereal in the bottle.

Giving your baby fruits and vegetables early and often makes it more likely he'll eat them later.

Introduce new foods one at a time, and give the same food 2-3 days in a row. Watch for allergic reaction (rash, vomiting, or diarrhea).

Talk to your doctor if your child is high risk for peanut allergy (severe eczema, egg allergy, or both). Early and frequent introduction of foods containing peanuts has been shown to decrease the risk of peanut allergy. The same is true for early introduction of eggs. Ready, Set, Food! Stage 1 is a product to help with this.

Provide a variety of foods – iron-fortified cereals, pureed fruits, vegetables, or meats.

Form and consistency of food should match your baby's skills; choking is a hazard at this stage. Most babies eat one meal at 4-6 months, 2 meals at 5-7 months, and 3 meals at 6-8 months. Adjust these guidelines if your child is not satisfied.

## DEVELOPMENT (6-9 MONTHS)

Bears weight on legs, may crawl, scoot or creep, rolls over, sits alone.

Babbles, laughs, imitate sounds, squeals, responds to name.

Visually follows parents, turns to familiar sounds.

Plays with hands and feet, rakes for objects, transfers object from hand to hand, may bang objects.

## SLEEP

By 6 months, many babies will not stay on their backs all night. This is okay, but you should still put them down on their backs to sleep. Continue to avoid blankets and thick bumpers in their cribs.

## FOR YOUR 6 MONTH OLD

The average baby sleeps 14 hours per day at this age. It is normal for your baby to sleep more on some days and less on others.

Most babies take 2-3 naps per day.  
Your baby should be sleeping through the night without needing to be fed.

Place your baby in his crib when drowsy but still awake. He may cry before falling asleep. This is OK! It is helpful for them to know it is normal to put themselves to sleep without help at an early age.

### SAFETY

Always use a car seat made for an infant and place it rear-facing in the back seat as long as possible, until they reach the highest weight or height allowed by their car safety seat.

Keep cleaners, medications, plastic bags, and small objects away from your baby. Use cabinet locks, outlet covers, and safety gates.

In case of accidental ingestion or poisoning, or for free poison prevention, call Poison Control at (800) 222-1222.

Never leave your baby unattended on the bed, sofa, car, changing table, or in the bathtub.

### OTHER THINGS TO KEEP IN MIND

Your baby may have teeth now, so do not give your baby a bottle while in bed – it can cause cavities. Brushing teeth with a soft toothbrush is appropriate. You should use a very small amount (like a grain of rice) of fluoridated toothpaste on the brush.

When your baby is teething, give him cold teething toys. (Do not freeze teething toys.) Avoid teething tablets and Orajel. Do not use amber necklaces as these can and have caused strangulation.

Protect from sun exposure with clothing, blankets, or an umbrella. Use a PABA free sunscreen with SPF>50. Avoid hands. Reapply frequently.

Do not smoke around your baby, especially inside your home or car. It may lead to respiratory problems and allergies, and increases their risk of SIDS. This is a great time to consider quitting!

Avoid electronics/screen time.

### SUGGESTED READING

*“What to Expect the First Year”*  
*“Caring for Your Baby and Young Child”*  
*“The Sleepeasy Solution”*

### PRESCRIPTION FOR READING

*Look, Look!* (Peter Linenthal)  
*All of Baby, Nose to Toes* (Victoria Adler)  
*Sleep* (Roberta Grobel Intrater)  
*Splash!* (Roberta G. Intrater)  
*Smile!* (Roberta G. Intrater)  
*Baby Angels* (Janet Cowen Fletcher)  
*Hello Animals* (Smriti Prasadam)  
*Mama Hugs* (Karen Katz)

### WEBSITES

[www.pearlandpediatrics.com](http://www.pearlandpediatrics.com)  
[www.aap.org](http://www.aap.org)  
[www.cdc.gov/vaccines](http://www.cdc.gov/vaccines)  
[www.seatcheck.org](http://www.seatcheck.org)  
[www.healthychildren.org](http://www.healthychildren.org)

### ACETAMINOPHEN DOSAGE(160mg/5mL)

(Every 4-6 hours)

6-11lbs = 1.25mL

12-17lbs = 2.5mL

### INFANT IBUPROFEN DOSAGE

No Ibuprofen before 6 months old

(Every 6-8 hours)

12-17lbs = 1.25mL

18-23lbs = 1.875mL

### TESTS/IMMUNIZATIONS FOR TODAY

Your baby will receive immunizations today. Please review our information sheets or you may visit [www.aap.org](http://www.aap.org) for vaccine information.

## YOUR NEXT APPOINTMENT WILL BE WHEN YOUR BABY IS 9 MONTHS OLD

At the nine month check-up...

- Your baby will have a physical examination
- Your questions and concerns will be answered.
- Your baby will receive vaccines.