

**Feeding**

- Formula or breast milk exclusively for the first 4-6 months is recommended. If your baby wasn't ready at 4 months to eat solids they probably are now.
  - **Liquid Nutrition: Generally** expect your baby to drink 28-36oz/day and/or between 5-6 bottles/feedings per day.
  - **Solid Nutrition: Generally**, 1-2 meals/day with a serving size of 0-4oz. Most babies continue to drink/feed the same amts/intervals despite starting solids at this age. Expect this to change as he/she starts to eat more (usually between 7-9 months of age).
- **Five Simple Rules for Introducing Foods:** Let your baby try **ANY** food (except raw, uncooked honey), offer one single ingredient food every few days, use your seasonings and spices to flavor foods but keep salt to a minimum, **prioritize iron-containing foods**, and remember eating is a developmental milestone (your baby will start out eating very little until he/she figures out how to move food around his mouth, chew, and a swallow-Most babies figures this out by 7-9 months of age). Once several single ingredient foods are in your baby's diet try combinations of them.
- The most traditional way of introducing solids foods is to start with purees (think applesauce consistency), then transition to chunky textured foods, and then bite sized pieces of foods. This process usually takes 2-3 months. There is no RIGHT or WRONG first food but any fortified infant cereal is a good first choice for most babies.
- You can start offering water safely in a bottle or sippy cup at this age. Four to six ounces of water per day is adequate but again not necessary.
- IF well water is the main water source for your home and your baby now has any teeth discuss starting your baby on a fluoride supplement

**Development**

- **Gross Motor**

**Sleep**

- Full-term, healthy, 6 month old, thriving babies **CAN** and are typically developmentally ready to fall asleep on their own and sleep 9-12 hours overnight without needing to eat/feed. They generally should take 2-3 naps per day of varying lengths
- Travel, illness, and teething will be common triggers for disrupted sleep patterns at this age
- Bedtime generally should fall between 6:30 and 8:30 pm. **S**-Set up a sleep routine, **L**-Less is more, **E**-Empower the child, **E**-Earlier bedtime, **P**-Plan together and stick to it. **""Consistency and Safety is Key."" Babies at 6 months of age truly start to remember what you do for your sleep routine, cling to it, and remember it. Keep this in mind! If you have any questions regarding sleep habits/troubleshooting please discuss with your provider!**

**Safety**

- Baby proof and protect your little one from falls! Mind small objects, stairways, electrical outlets, cleaning/first aid supplies that might be on the floor/within arm's reach in your home.
- Continue to use a rear facing infant car seat in the back seat of your car
- Continue to use a fitted sheet in your baby's sleep space, avoid soft bedding, plush items/toys, crib bumpers, and avoid the use of loose blankets
- Enjoy outside with your baby but limit prolonged direct sun exposure as much as you can Use of insect repellent and sunscreen is safe during the spring/summer months. Choose a repellent that contains < 30% DEET. Choose a sunscreen with an SPF of 30 or higher, one that is PABA free, "broad spectrum," and one that ideally does NOT contain oxybenzone.

**What to expect at Today's Visit**

- ☑ Your baby's height, weight, and head circumference will be measured. Vaccines typically administered include DTaP, HIB, Polio, Prevnar, Hepatitis B, and Rotavirus. The influenza vaccine will also be

## PAVILION POINTS TO REMEMBER: 6 MONTHS

No head lag when in sitting position, may sit alone, may roll well, may get to sitting position on their own

**Fine Motor**

Transfers objects hand to hand and puts objects in their mouth, rakes (grabs objects with whole hand), Reaches and grabs for objects well

**Language/Communication:**

Responds to name, laughs, squeals, smiles without prompting, babbles or imitates speech noises (jabber), looks for hidden objects (Understands object permanence)

administered if appropriate and desired.

Dosage and use of Tylenol/Acetaminophen and Motrin/Ibuprofen will be discussed.

- Your baby's next well visit will be at 9 months of age. How to approach signs/symptoms of illness with/without fever will be discussed.
- We encourage you to discuss any questions, concerns you may have with your child's primary care provider!