



FOR YOUR 6 MONTH OLD

feeding

Breastfeed your baby 3-5 times a day, or until your baby seems content. Continue prenatal vitamins while breast-feeding.

Exclusively breastfed babies need a Vit-D/Fluoride supplement like Tri-Vi-Sol/Tri-Vi-Fluoride. The dose is 1 dropperful/day.

If you do not 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.

At this age, the primary food source of nutrition for your baby may still be breast milk or formula, but now is the time to introduce solid foods.

Most babies do not need juice or supplemental water.

Do not give honey or corn syrup in the first year of life.

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.

Over the next few months, your baby will want more texture in his diet. Try rice cakes, Cheerios, and other soft table foods.

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

Use a small plastic coated spoon to feed, do not put cereal in the bottle.

Infant rice cereal is the most appropriate first food. Mix with lukewarm formula or breast milk, to a semi-liquid consistency.

Introduce new foods one at a time, and give the same food for 3-5 days in a row, watch for allergic reaction (rash, vomiting, or diarrhea).

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

Form and consistency of food should match your baby's development - choking is still a hazard at this age.

Most babies eat 1 meal to start, but quickly go up to 3 meals a day by 8-9 months.

sleep

By 6 months, many babies will not stay on their backs all night. This is all right. Continue to avoid blankets and thick bumpers in their cribs.

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.

development

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

Babbles, laughs, imitate sounds, squeals, says, "mama" and "dada" without meaning, 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, starts to finger feed with pincer.



cary | apex | fuquay-varina pediatrics



safety

Always use a car seat made for an infant and place it rear-facing in the back 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 information, call Poison Control at (800) 222-1222.

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

Do not use a walker!

infant tylenol dosage (every 4 hours)

6-11 lbs. = 1/2 dropper (0.4 mL)

12-17 lbs. = 1 dropper (0.8mL)

18-23 lbs. = 1 1/2 dropper (0.8mL+0.4mL)

infant motrin dosage (every 6-8 hours)

12-17 lbs. = 1 dropper (1.25mL)

18-23 lbs. = 1 1/2 dropper (1.875mL)

Never alternate Tylenol and Motrin for fever.

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.

Protect from sun exposure with clothing, blankets, or an umbrella. Use a PABA free sunscreen with SPF>15.

Do not smoke around your baby - it may lead to respiratory problems and allergies, and can increase his risk for sudden infant death syndrome (SIDS).

suggested reading

“The Nursing Mother’s Companion”

“What to Expect the First Year”

“Caring for Your Baby and Young Child”

tests/immunizations for today

Vaccines will be given. Please review our information sheets.