

Your Baby Is Now Six Months Old

What should your baby be eating?

- Breast Fed Babies:** Breast milk is still an important food for your baby until one year of age.
- Formula Fed Babies:** Continue formula with iron. Your baby will be taking 28 to 32 ounces a day (approximately 6 to 8 oz. each feeding). Do not put your baby to bed with a bottle. Hold your baby for feedings. You may begin to feed your baby solid foods (see below).
- Solid Food:** Start with rice cereal by spoon. Mix 2 to 3 tablespoons of cereal with breast milk or formula. After your baby has eaten rice cereal for 1 to 2 weeks, you may add new pureed baby foods, one at a time, every 3 to 4 days.
- For example: Start with vegetables, then fruits, then meats. One to three teaspoons of these may be a normal serving size at first. Meals may be given 2 to 3 times a day. Do not use a microwave to heat foods.
- * Ask your provider for a feeding guide.

What will your baby be doing?

- May start sitting alone.
- Babbles and may imitate speech sounds
- Passes objects from one hand to the other.
- Rolls over both ways.
- May attempt to crawl, or get up on hands and knees.

What are some issues or concerns you may have?

- Stranger Anxiety:** • May be afraid of strangers. It may be hard to leave your baby with grandparents or baby sitters. This is normal for babies at this age.
- Sleep:** • Your baby may wake at night and cry. The use of a favorite toy, blanket, cuddly stuffed animal, along with parents' reassurance usually helps him or her get back to sleep.
- Teeth:** • Your baby may be slightly irritable when teething. The use of a cold wash cloth, or solid teething ring may help. Tylenol may be used for pain control. Your baby may get his or her first teeth now.
- Safety:**
- Keep small objects (toys, coins, buttons) out of the baby's reach.
 - Keep plastic bags, wrappers, balloons out of baby's reach.
 - Continue to use a rear facing car seat.
 - Cover electric outlets with safety plugs.
 - Check your home for low tables with sharp edges, cords, plants or other objects your baby could grab and hurt him (her) self.
 - Do not use infant walkers at any age.
 - Never leave your baby alone in a tub of water or on high places such as bed, couch, or tabletop.
 - Do not smoke in the house, car, or around your baby.
 - Do not drink hot liquids or smoke while holding baby.
 - Keep pets away from your baby.
 - Hot water should be no more than 120° F. Your landlord must take care of this.
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Lead Poisoning is dangerous:

- The most common cause is lead based paint. Lead can be found in paint, dust, dirt, and water. Children can get exposed to lead by chewing on paint chips, lead painted window sills, or by putting dirt in their mouth.

Ways to prevent lead poisoning:

- Wash hands frequently. Offer foods high in iron, damp mop floors and window sills, use cold tap water – not hot for infant formula or cooking. Run the cold water for 1 minute before using.

Comfort measures after shots:

You may give the baby a dose of Acetaminophen (Tylenol®) for pain or fever. It may be given every 4 to 6 hours for the first 24 hours after the shot. Your baby's dose is _____.

Call the office or answering service at 315-464-4357

If your baby:

- Gets a temperature of 101° F or higher.
- Refuses to drink.
- Cries and cannot be comforted.
- Acts very sleepy.
- Gets a rash or hives or large swelling at shot site.

If you need to:

- Schedule or cancel an appointment.
- Talk to a nurse from 8:00 A.M. to 5:00 P.M.
- After clinic hours to talk to a doctor.

Date: _____ Height: _____ Weight: _____

Speak up if you have any questions or concerns.



Healthy Kids



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