

# Your 6 – Month – Old Baby



— Goldsboro —  
Pediatrics P. A.

## Immunizations on your next visit:

- DTAP #3
- IPV #2
- Hib #2
- Prevnar

## Call our office:

- If your infant has a fever over 104° rectally after the immunizations (You may use an ear thermometer after your baby is 6 months old. Do not use an ear thermometer rectally on your baby. Use it in the ear only on the rectal setting.)
- If your baby cries uncontrollably for more than 3 hours
- If your baby is unusually inactive or pale, difficult to wake or is extremely irritable

## Developmental Issues

- Your 6 – month – old baby should be able to roll front to back – back to front.
- Your baby may be able to sit with support and bear his/her own weight when standing.
- Most 6 – month – olds may grasp an object and place it in one hand and then the other.
- Your 6 – month – old may try to imitate sounds you make and respond to your voice with smiles, squeals, and babbles.
- Six – month – olds should recognize their parents and care givers and may shy away from strangers.

## Feeding

- At 6 months, your baby should be ready for solids. Solid foods should be given with an infant spoon, never an infant feeder.
- Vegetables and fruits may be introduced gradually, one at a time.
- Formula feeding should not be more than 32 ounces in 24 hours.
- Most 6 – month – old babies may breast feed 6 times a day.
- Give juices from a cup not a bottle
- The average age for the first tooth to appear (usually the lower teeth) is 6-7 months.
- Parents can wipe their baby's teeth with a soft cloth or brush them with a soft toothbrush.

## Sleeping

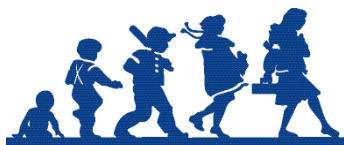
- Most 6 – month – olds should be able to settle themselves to sleep.
- Babies do not need a middle of the night feeding at this age.
- Some 6 – month – olds may sleep 8 – 12 hours through the night and may take 2 naps during the day.
- Do not give your infant a bottle in bed.
- Try using a favorite toy or blanket, and establish a bedtime ritual to help your infant settle themselves to sleep.
- Parents can help their baby overcome night time wakings by gently reassuring their baby with gentle conversation or touch, keeping the light off, and keeping the interaction as brief as possible.

## Discipline

- Never shake, spank, or hit your baby.
- Your baby will need constant supervision and frequent reminders.
- Saying “no” and physically moving your child from one place to another will help you baby understand things they are not supposed to do.
- You should install gates and locks and remove objects from the environment that may cause a problem.

## Safety Tips

- Protect your child from falls by using:
  - 1) gates on stairways and door
  - 2) installing guards on windows above ground level
  - 3) remove or cover sharp edges on furniture
  - 4) avoid using a baby walker
- Protect your baby from burns by:
  - 2) never carrying anything hot while holding your child
  - 3) never leaving your baby unattended around stoves, wall, or floor heaters
  - 4) placing your infant in a playpen or crib if you are unable to give your full attention while you are cooking
  - 5) checking you smoke alarms every month and changing batteries every year.
- Protect your baby from drowning by never leaving your infant unattended around any water (Always keep your bathroom door closed. If you have an outdoor pool install a fence now, separating it from the house.)
- Protect your baby from poisoning and choking by:
  - 1) locking away all cleaners, chemicals, and medicines
  - 2) never leaving small objects in your child’s reach, such as balloons or small hard pieces of food (ex. Grapes, peanuts, hard candy)
  - 3) purchasing ipecac syrup (use only if told to do so by physician or poison control)
  - 4) Poison Control number should be posted (1-800-848-6946)
- Always use properly installed child safety seat



— Goldsboro —  
**Pediatrics P. A.**

**Goldsboro Pediatrics, P.A.**  
2706 Medical Office Place  
Goldsboro, NC 27534  
Phone: (919) 734-4736  
Fax: (919) 580-1017

**Princeton Pediatrics, P.A.**  
P.O. Box 1035  
104 East Edwards Street  
Princeton, NC 27569  
Telephone: (919) 936-3164  
Fax: (919) 936-3281

**Pediatrics, P.A.**  
327 Hwy 55 West  
Mount Olive, NC 28365  
Telephone: (919) 658-9123  
Fax: (919) 658-8055

**La Grange Pediatrics, P.A.**  
114 East Railroad Street  
La Grange, NC 28551  
Telephone: (252) 566-5999  
Fax: (252) 566-4430