



6 Month Check-Up

Date_____

Head_____

Length_____

Weight_____

Nutrition

- Although this may be an appropriate age to introduce solid food, breastmilk or formula should still be the primary source of your baby's nutrition.
- Remember that only breastmilk or formula should go in your baby's bottle.
- Babies do not need juice. Juice is not a good source of nutrition and it can damage your baby's teeth.
- Baby cereal is a good first food for your baby. You can try a few spoonfuls of dry cereal mixed with water, breastmilk, or formula.
- When your baby is ready, it is best to start with pureed vegetables by introducing one new vegetable per week.
- After a month on vegetables, you may start introducing pureed fruits.
- The only solid foods your baby should have until 9 months of age are baby cereal or **pureed** fruits and vegetables. Small pieces of foods can be a serious choking hazard.
- Once you introduce solid foods, your baby's stools will change and become more formed.
- Begin offering a small amount of water in a cup during meal time.
- If you do not drink city water, talk with your provider about fluoride supplementation.

Development

- Your baby should be rolling over both ways, grabbing for toys, and sitting with support.
- Give your baby plenty of tummy time. Play with your baby on the floor to encourage motor development.
- Babies this age love social interaction and may even try to imitate your sounds such as "raspberries", coughing, or tongue clicking.
- This is a great time to have conversations with your baby by responding to his/her sounds.
- Some toys your baby might enjoy include soft blocks, toys that make sounds, or interactive toys.
- Give your baby books and read to him/her.

Positive Parenting

- Know your baby's cues and respond appropriately.
- Praise your baby and give him/her lots of loving attention by giving frequent hugs, kisses and smiles when you interact with him/her. **Remember, you can't spoil your baby at this age.**
- Read, sing, and talk to your baby.
- TV is not recommended **at all** in children less than 2 year olds. It may harm your baby's brain development.

Safety

- Never shake your baby. Even tossing your baby in play can damage his/her brain.
- Never carry hot liquids or hot foods while holding your baby.
- Use a rear-facing car seat every time you drive with your baby. The safest place for the car seat is in the back seat of the car.
- Provide a safe environment for your baby to explore. He/She will start becoming more mobile.
 - Keep small objects out of his/her reach.
 - Ensure that all the electrical outlets have child safety protectors.
 - Cabinets should all have safety latches.
 - Garbage, medicines, cleaning supplies, and plastic bags should all be out of reach.
 - Keep your baby away from electrical cords.
 - Be aware of any cords (mobiles, blind cords, jump ropes, sweatshirt cords) that can get caught around your baby's neck.
- Talk with your provider if your home was built before 1978. There may be potential for lead exposure.
- Never leave your child alone in or near water even for a moment.
- Do not smoke around your child.
- It is best not to use walkers because they are a safety hazard and can slow motor development.

Sleeping

- Although your baby may have been sleeping for longer hours at night, it is common for babies this age to start having difficulty getting to sleep because the excitement and frustration of learning new skills (sitting, creeping, crawling) may interfere with sleep onset.
- It is important to stick to your bedtime ritual.
- Nighttime awakenings may also become more frequent. Help your baby get back down by soothing, stroking. Less stimulation is better.

When to seek help

- Fever associated with difficulty breathing, skin rashes, or feeding problems.
- Prolonged fever (more than 3 days).
- If you are unsure, please call for advice.

Who to call

- During usual weekday hours, you can call the main clinic number

Benton Health Center
530 NW 27th Street
Corvallis, OR 97330
541-766-6835

Lincoln Health Center
121 SE Viewmont Avenue
Corvallis, OR 97333
541-766-3546

Monroe Health Center
610 Dragon Drive
Monroe, OR 97456
541-847-5143

East Linn Health Center
100 Mullins Drive #A-1
Lebanon, OR 97355
541-451-6920

- After hours and on weekends, you can call the same number and you will be forwarded to a nurse that can help answer your questions.
- Oregon Poison Control Center 1-800-222-1222