

NAME _____

DATE _____

WEIGHT _____ (_____ %)

LENGTH _____ (_____ %)

HEAD _____ (_____ %)



FOR YOUR 6 MONTH OLD

FEEDING

Breastfeed your baby 4-5 times a day, or until your baby seems content. Continue prenatal vitamins while breastfeeding.

Exclusively breastfed babies need a Vitamin D supplement like Poly-Vi-Sol, D-Visol or Baby D drops. 400IU/day of Vitamin D is recommended.

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.

Healthy babies do not need supplemental water. Juice should not be given to babies.

Do not give honey/Karo syrup in the first year.

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 and zinc.

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

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.

GENERAL PRINCIPLES FOR INTRODUCING SOLIDS

Use a small plastic coated spoon to feed; no need to put cereal in the bottle.

Infant 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, you should still put them down on their backs to sleep. 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.

ELIMINATION

Once your baby begins to eat solids, there will be normal changes in the stools (frequency, color, and consistency).

