

## 6 Month Anticipatory Guidance

### Health

- **Teething:** Many infants start to have teething symptoms at this time. These consist of drooling, gnawing on things, and occasional irritability. Despite these symptoms, teeth may still not appear for several months. Most infants feel relief by gnawing on cold objects or teething rings. Teething gels offer temporary relief, but many babies do not like the taste or numbing sensation. You may also try Tylenol.
- **Cold Medicine:** Many cough and cold medications are not recommended for infants this age. Please ask your physician before you give **any** over-the-counter medications.
- **Bottles:** Do not put a bottle of breast milk, formula or juice in the crib with your baby. All of these contain sugar and will cause cavities if they are in contact with the teeth while sleeping.

### Feeding

- **Food:** Start with 1-2 helpings of infant cereal, rice or oatmeal a day. Continue breast milk or formula.
- After cereal is established, you may start vegetables, one per week to watch for reaction. After trying each vegetable of your choice you may start fruits.
- Introduce a sippy cup. Most babies will not drink well from it until 9-12 months, but allow yours to experiment with it.
- Avoid anything containing honey until 1 year + (risk of botulism).
- Avoid foods that may be easily choked on: hot dogs, raw apples, raw carrots, grapes, nuts, stringy foods, large chunks, popcorn, raisins, or hard candy.

### Safety

- Think about removing mobiles from the crib and lower the crib mattress as your infant will soon be crawling around and pulling up to stand.
- Your child should remain in a rear-facing car seat until 2 years old.
- Your baby will soon be moving around the house. Use gates at stairways and doors. Cover sharp-edged corners on furniture. Do not let electrical cords, blinds or table cloths hang off furniture. Keep small objects picked up and out of their reach. Do not drink hot beverages while holding your child, or leave them on the table or counter edges, where they can spill onto an infant below.

- Never leave your infant alone in the bathtub or sink or any other type of water receptacle. Keep your bathroom doors closed and toilet lids down.
- **Poison Control #: 1-800-222-1222**

### **Development**

- Most babies are rolling over and will soon sit up, crawl and pull to stand.
- If you haven't started already, now is a perfect time to start reading to your baby. Firm board books and books with brightly colored pictures are recommended. A few minutes at a time are all that are needed.
- Babies love to hold and explore simple toys. Make sure there are no small parts they can choke on.