

# **6 Month Old**

**Developmental Milestones**

**Feeding and Nutrition**

**Well Child Check**

**Recommended Immunizations**

# Development Milestones

## 6 Months

- ❑ **Cognitive:**
  - ◆ studies things nearby
  - ◆ brings objects to mouth
  - ◆ shows curiosity and tries to get things that are out of reach
  - ◆ moves items from one hand to the other
  
- ❑ **Social/Emotional:**
  - ◆ begins to recognize familiar faces and knows when someone is a stranger
  - ◆ likes to play with others especially parents
  - ◆ responds to others emotions, but seems happy most of the time
  - ◆ observes self in mirror
  
- ❑ **Physical:**
  - ◆ rolls over in both directions (front-back, back-front)
  - ◆ starting to sit without support
  - ◆ supports own weight on legs and may bounce while standing
  - ◆ while on hands and knees, rocks back and forth
  - ◆ may crawl backward before moving forward
  
- ❑ **Language:**
  - ◆ responds to sounds by making sounds
  - ◆ strings vowel sounds together and takes back-and-forth turns 'talking'
  - ◆ responds to name
  - ◆ beginning to say consonant sounds

*\* Remember: all children grow/mature at different rates\**

# **Development Milestones**

## **6 Months**

### **☐ Tell your health care provider if your child:**

- ◆ doesn't try to get things within reach
- ◆ shows little or no affection to caregivers
- ◆ doesn't respond to sounds
- ◆ has difficulty getting things into mouth
- ◆ doesn't make vowel sounds (ah,eh,ih,oh)
- ◆ doesn't roll over
- ◆ doesn't laugh or squeal
- ◆ seems very stiff with tight muscles
- ◆ seems very floppy, like a rag doll

# Feeding and Nutrition

- ❑ **At about 4-6 months babies are usually ready to start solid foods in the form of iron-fortified baby cereal mixed with breast milk or infant formula**
  - ◆ rice cereal is usually recommended as the first cereal to introduce
- ❑ **Ask your health care provider questions about introducing solids to your baby such as:**
  - ◆ recommended daily amount
  - ◆ thickness of cereal
  - ◆ which grains to introduce and when
  - ◆ concerns about family history of allergies
  - ◆ recommended waiting period between introducing each new food
- ❑ **Ask your healthcare provider about your child's growth curve to tell if your child is getting adequate nutrition**
- ❑ **Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition at <http://monteloresecc.org>**

*\*Although these guidelines are appropriate for most children they may not fit all.*

*Always consult your health care provider about specific nutrition needs of your child\**

# **Well Child Check**

## **6 Months**

### **☐ Topics to discuss with your health care provider**

- ◆ transition to solid food for your baby
- ◆ proper oral care
- ◆ any concerns you have about child care
- ◆ any questions you have about development
- ◆ importance of reading to baby daily

# Recommended Immunizations

HepB (6-18 mo.)

DTaP

PCV13

HIB

*For more information on Immunizations and the diseases they protect us from go to the Center for Disease Control and Prevention website at:  
<http://www.cdc.gov/vaccines/parents/index.html>*