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6 MONTHS

Every child is unique. The following is a guide to help you better understand what to expect from your child.



HOW DO I MEASURE UP?

WEIGHT: _____ lbs _____ oz _____ %
 LENGTH: _____ inches _____ %
 HEAD CIRC: _____ cm _____ %



FEEDING: Between 6 to 9 months, babies should be starting to take in 3 solid meals per day plus milk. They can also be starting to eat meat-based solids too, like chicken, turkey, lamb, beef, and pork about 1-2 times per day. Avoid fish or shellfish until 12 months. Some babies by this time are also ready to progress beyond a smooth puree to some texture. These are the 'stage 3' foods. Cheerios and puffs are a great finger foods at this age because they melt quickly and allow your baby to work on their fine motor skills by picking up the small pieces. Try to avoid juice as long as possible. There is absolutely no nutritional value in juice. If you really feel that you want to feed your baby juice, we do discourage using a bottle and use this as a time to let the baby practice with a sippy cup. All juice at this age should be diluted 2 parts water, 1 part juice.



SLEEPING: Continue to foster good sleep habits. By 6 months, your baby should have a predictable sleep/wake schedule. Most babies at this time will have a morning and afternoon nap (about 1.5-2 hours each) and a variable 3rd nap that may happen in the late afternoon. They may still be feeding 1 time at night. If your baby is waking at night, but does not want to feed, this is a signal that they are ready to sleep through the night. Avoid putting your baby to bed with a bottle, this can cause tooth decay and is a hard habit to break.



IMMUNIZATIONS: Pediarix (DTaP, Hep B, Polio), Hib, Prevnar, Rotateq



DEVELOPMENT:

6 months:

- Rolls both ways
- Sits unsupported
- Passes objects between hands
- Bears weight on legs
- Babbles
- Plays peek a boo

7-8 months:

- Waves bye bye
- Attempts to crawl
- Pulls to stand
- Babbles (baba, dada)
- Cruises furniture
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NEXT VISIT: 9 MONTHS