



6 Month Checkup

Date: _____

Weight: _____ lb _____ oz _____%

Height: _____ in/cm _____%

Head circumference: _____%

"It's so fun seeing my baby try new foods and enjoy their flavors and textures!"

—Kaiser Permanente dad

Your baby may be ready to ...

- Turn toward sounds
- Begin to say "dada" or "baba"
- Sit with support
- Pass a toy from hand to hand

All babies develop at their own pace. If you have concerns about your baby's development, talk with your child's doctor.

Feeding



It's time for your baby to explore healthy solid foods.

- Continue feeding your baby breast milk or formula. It's still their main source of nutrition.
- Start with purees or very soft, small pieces of foods like avocado, sweet potato, or banana.

- Offer a total of 1 to 2 tablespoons of food, 2 to 3 times per day, when your baby gets the hang of eating solids.
- Don't force your baby to eat or finish foods. It may take 10 to 15 times of giving a new food before they like it.
- Avoid feeding your baby too much. Stop when you see signs they're full, such as:
 - Leaning back
 - Turning away
- Give water in a cup, not a bottle. Don't give juice or other sweet drinks.

About food allergies

We used to recommend waiting to introduce a variety of foods until babies were older. But new research shows that in many cases we can help **prevent** some food allergies from developing by giving smaller amounts sooner—around ages 4 to 6 months.

Here's how to introduce new foods safely:

- Give new foods one at a time at home, just in case your baby has a reaction.
- Start with a very small amount. If there's no reaction after 10 minutes, continue to give the food regularly (2 to 3 times a week) to help prevent food allergies.

- Wait a few days before giving the next new food. This gives your baby time to adjust. If your baby does have a reaction, it makes it easier to know which food caused it.

Parenting



Connect with your baby and stimulate development.

- Read, talk, and sing to your baby every day.
- Play on the floor with your baby on their stomach. "Tummy time" helps your baby get stronger and prepare to crawl.
- Limit exposure to screens. TV and videos can negatively affect early brain development in babies.

Care for yourself, too

Your baby needs a lot right now. Taking care of yourself helps you be the best parent you can be.

- Carve out some time to relax and recharge.
- Take turns with your partner or other trusted adult caring for your baby. It's okay to take a break if you need to.
- Call us if you need help coping with feelings of sadness or anxiety.

Healthy habits



Help your baby thrive and stay healthy as they grow.

- Remember the ABCs of safe sleep: Put baby to sleep alone, on their back, in their own safe crib.
- Make your crib safe. Lower the mattress, don't hang mobiles above it, and avoid putting blankets, bumpers, or toys in it.
- Keep your baby out of the sun as much as possible. Stay in the shade and cover up.
- Clean your baby's gums and any new teeth 2 times a day with a soft toothbrush. Use a tiny smear of fluoride toothpaste (the size of a grain of rice).
- Don't put your baby to bed with a bottle—it can cause tooth decay.
- Be sure your baby gets all their immunizations (shots). Anyone who spends time with your baby should also be up to date on their immunizations—especially Tdap and flu vaccines.
- Don't smoke or let others smoke around your baby. Smoking increases the risk of SIDS (crib death), ear infections, asthma, colds, and pneumonia.

Safety



Protect your baby from common household hazards.

Falls

- Put child-proof window locks or guards on all windows above the first floor.

- Install safety gates at the top and bottom of stairs.
- Always keep one hand on your baby when on the bed, couch, or changing table. They can tumble off in the blink of an eye.

Choking and strangulation

- Don't give your baby balloons, or toys that have strings, cords, or small parts.
- Keep electrical and window cords (drapes, blinds) out of your baby's reach.

Drowning

- Never leave your baby alone in the bath, even for a second.
- Don't leave buckets or containers of water or other liquids on the floor.
- Use locked covers on hot tubs and spas.
- Enclose swimming pools with fencing and a self-latching gate.

Poisoning

- Make sure all medications, cleaning products, and other potential poisons are in locked cabinets out of baby's sight and reach.
- Call our 24/7 Appointment and Advice line at **866-454-8855** right away for help if you think your child has been exposed to poison.

Burns

- Unplug appliances when not in use.
- Put plastic safety plugs in all electrical outlets when you're not using them.

- Keep a fire extinguisher in your kitchen. Have a fire escape/ earthquake plan.
- Screen off fireplaces and other heat sources. Install smoke and carbon monoxide detectors, and test them regularly.

Your next checkup is at either 9 months or 12 months, depending on your doctor's recommendation.

_____ (date/time)

- ✓ Call our 24/7 Appointment and Advice line at 866-454-8855 if you have questions or concerns about your baby's health.
- ✓ Download our app, **My Doctor Online**, at the App Store or Google Play.
- ✓ Visit kp.org/mydoctor for more resources.