



# 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 their 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 comfortable 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 allow anyone to smoke or vape around your baby. Your home, car, and other places that your baby stays should also be smoke-free. If you or your partner want support to try to quit, we have programs and medications that can help.

## 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 Poison Control at 800-222-1222 right away for help if you think your child has been exposed to poison. You can also call our 24/7 Appointment and Advice Call Center at 866-454-8855 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 the doctor's recommendation.**

\_\_\_\_\_ / \_\_\_\_\_ (date/time)

- ✓ Call our 24/7 Call Center 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](https://www.kp.org/mydoctor) for more resources.