

AT SIX MONTHS OF AGE

Height _____ Weight _____ Head Circ. _____

As a parent, you want to do all you can to help your child grow and develop normally. Here are some activities and guidelines:

Developing language skills and understanding:

- ❖ Talk in full sentences. Make sounds for the baby to copy.
- ❖ Tell the baby what you want him to do over and over. He or she needs to hear words spoken many times to learn them.
- ❖ **Read to your baby.**
- ❖ Listen to music together and “dance”.
- ❖ Sing to your baby

Developing personal and social skills:

Play: Put a favorite toy out of reach and encourage your baby to “wiggle” to get it. Play pat-a-cake.

Hide: A favorite toy under a blanket and encourage your baby to try to “find” it..

Look: In the mirror, smile and laugh. “pat” the baby in the mirror.

Feel: Allow your baby to feel many different textures.

Toys: Toys bought in stores are not needed. Playing With pots and pans can be just as much fun. Playing with simple things is just as good for your baby's development.

Going out: When you take her to new places, your baby will want to reach for new objects that she sees. She is not trying to misbehave. Plan ahead and bring a favorite toy when you go out with her.

Vaccines Given Today:

DtaP
Hib
Polio
Prenvar
MMR
Varivax
DT
Hep B
Hep A
Pneumococcal
Flu vaccine

Next Well Appt. _____

Questions about vaccines?

We recommend these web sites:

www.vaccine.chop.edu

www.cdc.gov

Safety: Your baby can wiggle, out of an infant seat, off of a changing table, off of a couch, off of a bed. Safety will continue to be important for many months, and years, to come.. Remain alert for new skills your baby acquires that can increase his or her ability to get to things that may cause harm.

Feeding guide: (6-8 months)

- ❖ 6-8 tablespoons of cereal twice a day.
- ❖ 5 tablespoons of mashed vegetables each day (1/2 jar to 1 jar)
- ❖ 5 tablespoons of pureed fruit twice each day (1/2 to 1 jar)
- ❖ 3-4 feedings of breast milk each day, or 24 – 32 ounces of formula each day. Begin offering liquids in a cup.

What is it like to be six months old?

What Your Baby Does

- ❖ Turns and twists in all directions. Rolls from back to stomach.
- ❖ Can reach for toys, and grab for them when they drop; likes to squeeze, chew, bang and throw them.
- ❖ I know my name.
- ❖ I may play games with people I know.
- ❖ I babble, squeal and repeat sounds.
- ❖ I sit by leaning forward on my hands. I can sit with support

Remember: No two children grow at exactly the same rate. If you have any questions or concerns about these tips and guidelines or your child's development, please contact us.

Notes from visit or questions:

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