



6 Months



Nutrition & Solids

- Breast milk and/or formula matter most.
- Solids can often be expanded gradually now.
- Offer foods while seated upright and supervised.
- Start one new food at a time.
- Wait 3 days before another new food.
- Appetite may vary day to day; follow cues.

Great Foods To Offer

- | | |
|----------------------------|---------------|
| • Oatmeal or barley cereal | • Eggs |
| • Fruits & vegetables | • Yogurt |
| • Beans or lentils | • Nut butters |

Avoid

- | | | |
|-------------|---------|-------------------|
| • Raw honey | • Juice | • Choking hazards |
|-------------|---------|-------------------|



Sleep

- Many babies sleep longer stretches now.
- Some babies still wake overnight.
- Sleep progress is not always linear.
- Keep routines calm and consistent.
- Reach out if sleep feels especially difficult.

Safe Sleep

- Lie on back to sleep every time. If they roll onto their tummy on their own, it is generally safe to leave them.
- Use a firm, flat sleep space.
- Keep loose items out of the crib.



Connection & Play

**Mobility often starts quickly at this age.
Now is a great time to:**

- Babyproof key areas
- Secure furniture
- Cover outlets
- Move choking hazards out of reach
- Supervise elevated surfaces



Development

Many babies may begin to:

- Roll both directions
- Sit with support
- Reach and transfer objects
- Respond to voices
- Laugh and babble
- Explore everything with hands and mouth

Milestones happen on a range of timelines.



6 Months



Sunscreen

- Babies over 6 months may use sunscreen; mineral sunscreen is best for babies.
- Choose broad-spectrum SPF 30+.
- Reapply during outdoor time.



Vaccines

Recommended vaccines may be discussed or given today, based on schedule. We are happy to answer questions.



Teething

- Teething may begin around this age.
- Chewing and drooling are common.
- Cool teething toys may help.



Stools

Starting solids may make stools:

- Firmer
- Less frequent
- Stronger smelling

Call us for:

- Blood in stool
- Persistent constipation
- Ongoing discomfort



Play & Learning

Try these fun activities:

- Reading aloud
- Floor play
- Naming objects
- Tummy time
- Songs and movement
- Peek-a-boo
- Safe household exploration



Upcoming 9 Month Visit

We often discuss:

- Crawling and pulling up
- Sleep changes
- Stranger awareness
- Finger foods
- Continued development



When To Call Us

- Poor feeding
- Persistent vomiting
- Dehydration concerns
- Regression in skills
- Breathing concerns
- Development or other concerns