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★ 6 MONTH

## DEVELOPMENT

Your baby may be babbling, discovering his/her feet, reaching and mouthing objects, and rolling over. Notice that your child is able to transfer a toy from one hand to the next. Encourage your child to play with age appropriate toys. He or she can wear flexible tennis shoes – leather high tops are expensive and unnecessary. Barefoot is fine too! Your child should be able to sit without support by nine months.

## FEEDING

See Feeding Handout.

## SLEEPING

Sleeping difficulties are common at this age. Introduce bed time routines and transitional objects, such as blankies or stuffed animals. Keep night time waking quiet and calm; discourage night time feeding more than twice.

## SAFETY CONCERNS

Baby proof your home before your child begins to crawl. Look at your environment at the level of your infant – from the floor up – to find possible hazards. All cleaning supplies and chemicals should be locked in cabinets, and medications should never be within baby's reach. Keep secure gates at the top and bottom of stairs. Set the temperature on the water heater to 120° or lower to prevent accidental burns. All electrical outlets should be covered and cords hidden from the baby's reach. Your baby's car seat should continue to face backwards. Keep the number for Poison Control near the phone: 1-800-222-1222. Smoke and Carbon Monoxide Detectors need to be checked twice a year. We do not advise the use of walkers – these can cause serious injury to your baby.

## PARENT CONCERNS

It's normal for a baby's appetite to decrease at this age. As your baby develops, he/she will become more assertive. Establish limits to ensure your child's safety - using redirection or diversion at this age works well.

## IMMUNIZATIONS

Congratulations! You've decided to protect your child with the recommended vaccinations. Today's vaccines are: DTaP (diphtheria, tetanus, pertussis), Rotavirus, Pneumococcal, and Polio. As with any vaccine, low grade fever (below 101°), irritability, and pain at the injection site are common side effects. You can give your child acetaminophen (Tylenol) for pain and fever, and use cold compresses for comfort. Call our office if your child has a fever over 101° rectally, becomes very pale or limp, or cries inconsolably for longer than 3 hours.

*If you have any questions about this handout please contact our office at 847-676-5394*