



YOUR BABY AT 6 months

This is the time when it's important for your baby to keep practicing earlier skills as well as to learn about his/her environment by moving, grasping, touching and tasting. Here are some health questions to consider:

Healthy Feeding

- Breast milk is the perfect milk for your baby until 2 years of age or older. Breast milk protects your baby from infections.
- If your baby drinks breast milk, or both breast milk and formula, they need a supplement of 400 IU Vitamin D daily. If your baby drinks only formula they do not need a Vitamin D supplement.
- Include your baby at family meals. Make mealtime family time.
- Offer iron rich foods such as well-cooked, finely minced or shredded meat, beans, and infant cereal at least two times a day.
- Offer your baby lumpy, soft or cut-up foods to help your baby learn to eat foods with different tastes and textures.
- Always stay with your baby when eating.
- Your baby will show you when they are hungry and full. Let your baby decide how much to eat. If your baby is gaining weight and growing well, they are getting enough food.
- Begin to offer your baby water from a regular cup without a lid.
- For more information review the Fraser Health handout: *Healthy Eating for Babies Age 6–12 months*



- Call 8-1-1 to speak to a dietitian about how to start solids if:
 - › your baby has mild or moderate eczema
 - › a close family member has been diagnosed with a food allergy, eczema, asthma or hay fever
- If your baby has severe eczema or an egg allergy, speak to your doctor **now** about when to introduce peanuts.

	YES	NO
Does your baby only drink breast milk?	<input type="checkbox"/>	<input type="checkbox"/>
If your baby drinks breast milk do you give them a Vitamin D supplement daily?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby eat foods with lots of iron, like meat, beans or infant cereal?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby eat mashed or minced foods?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby eat with the family at mealtimes?	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Smiles

- Once teeth appear brush your baby's teeth twice a day with a rice-sized amount of fluoride toothpaste to remove germs that cause tooth decay.
- If using a sleep time/naptime bottle, give only plain water. Hold baby while feeding.
- Germs that cause tooth decay can be passed from you to your baby:
 - › avoid sharing toothbrushes
 - › avoid licking your baby's soother to clean it. Wash the soother with warm water to be sure the soother is clean for your baby
 - › If either parent has tooth decay, he/she should see a dentist



	YES	NO
Does your baby have their teeth brushed 2 times a day with fluoride toothpaste?	<input type="checkbox"/>	<input type="checkbox"/>

Safety

- Rear-facing car seats give the best protection for a child's head, neck and back in a sudden stop or crash. Check your car manual for the safest place for the car seat.
- Older babies move around more and explore. For ideas on babyproofing your home see Toddlers First Steps or fraserhealth.ca/parenting website.
- Make your home and car a healthy place for your baby by having them smoke-free. Call 811 or talk with your doctor about the Quit Now program.



YES NO

Is your baby always in a rear-facing car seat in the car?	<input type="checkbox"/>	<input type="checkbox"/>
Have you installed baby gates at the top and bottom of stairs?	<input type="checkbox"/>	<input type="checkbox"/>
Have you moved the crib mattress to its lowest position once your baby could sit?	<input type="checkbox"/>	<input type="checkbox"/>
Is your baby always in a smoke-free place?	<input type="checkbox"/>	<input type="checkbox"/>

Healthy Growth and Development



- Your baby enjoys looking at pictures in books. Tell a story or sing a song about the pictures.
- Encourage your baby to make sounds while playing. Using short sentences or single words like “sit down”, or “milk” will help your baby learn.
- Give your baby the time and floor space to crawl and explore, while keeping your baby safe. Play time on their tummy supports your baby’s development and helps their neck, arms and back to be stronger for crawling.
- Babies learn best from face-to-face time with you and when you respond to their cues. TV, phones, tablets, and other screen activities are not recommended before 2 years of age. Limit the time on your phone and other screens when you are with your baby. Playing with your baby helps them to grow and learn.
- It is common for baby’s eyes to wander or cross for the first 3 months and then move together after that. Take your baby to an eye doctor by 3 years of age or sooner if you have concerns or a family history of eye problems.
- Hearing can change. If your baby stops babbling or responding to sounds, a free hearing test is available. Contact your local public health unit.

YES NO

Does your baby roll from their back to tummy or from their tummy to back?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby sit up with a straight back with support?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby babble (ma, da, ba)?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby calm themselves down by sucking their thumb, hand or soother?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby show an interest in familiar people and favourite toys?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby pass a toy back and forth from one hand to the other?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby turn toward new or interesting sounds?	<input type="checkbox"/>	<input type="checkbox"/>
Does your baby move their eyes together and appear to see straight when looking at objects?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered NO to any of the above questions or would like further support:

visit your family doctor
for a Well Baby Visit

or

call 8-1-1

or

call your local public health unit to
speak with a public health nurse



For more information:

fraserhealth.ca/parenting
healthyfamiliesbc.ca/parenting