

# Carlisle Clinic



*To ensure that baby sleeps at night, try to limit daytime naps. There are probably two of these at this point. If baby sleeps all day at the babysitter's house, baby probably will not sleep a whole lot at night.*

## IMMUNIZATIONS

The third series of well-baby shots includes these shots:

1. Pediarix
2. H. influenza
3. Prevnar

## Family Medicine 6-Month-Old Baby

### WELL-BABY VISITS

Phone: (859) 289-4124

## AT 6 MONTHS

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HEIGHT:

WEIGHT:

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### ABOUT THE CLINIC:

We provide infant immunizations through the Vaccines for Children Program.

Hours: 8 a.m. – 4:30 p.m. Monday – Friday. Call (859)289-4124 for an appointment. We will always see sick children as soon as possible – usually on the same day that you call.

## Carlisle Clinic

107 S. Broadway  
Carlisle, KY 40311  
Phone (859) 289-4124

<http://www.carlisleclinic.com/>

# 6 Months Old

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## DIET

Six months old means it's time for a bib and high chair, and time to get serious about adding solids to baby's diet.

Start by introducing vegetables, with a one-week interval between each new food to make sure baby is not allergic to the new food. Then advance to the next food.

Baby can eat mashed peas, carrots, sweet potatoes, and potatoes. Then introduce fruit such as applesauce, mashed bananas, and plum mash.



Toward seven or eight months, add meat purees.

No eggs until one year of age. No whole milk until one year of age.

Continue offering formula or breast milk three or more times a day.

## DEVELOPMENTAL MILESTONES

Baby keeps head level with body when pulled to a seating position.

Baby bears some weight on legs when held upright.

Baby may be able to sit without support, or may still need some pillows to help.

Baby will turn in the direction of a voice, and may start babbling "da-da-da."

Baby might work to get a toy that's out of reach, or pick up small objects with fists.

Teeth will be starting to erupt anytime now, and baby may be drooling and putting objects in mouth.

## BABY TEETH

Do not let baby fall asleep with a bottle in baby's mouth. The milk sugars will cause tooth decay.

If the baby has to have a bottle for comfort, just fill it with water. Avoid sweetened beverages of any kind.

Vitamins such as iron are in baby formula. Breastfed babies need iron-fortified cereals after six months or iron supplement (vitamin drops.)

## GAMES TO PLAY WITH BABY

Activity boards, blocks, dolls, stuffed animals, balls and patty-cake are all good for developing small motor skills.

Baby loves the repetition of rhymes and songs. Talk to your baby in simple sentences and read board books for infants.

Go for walks with the stroller. The world is an endless source of amusement for infants.

