



## 6 MONTH

6 months is a great age! Your baby may be starting to sit up very briefly if propped up in the tripod position, grabbing at things and putting them in their mouth, and making lots of squealing and screeching noises to express happiness and excitement! Routine sleep seems to be established with a morning and afternoon nap as the typical routine and possibly sleeping through the night. Sleep training is very successful at this age, feel free to discuss the many methods of sleep training with your doctor.

Your baby is likely watching you eat at meals and possibly grabbing for your food. This is their way of expressing interest in food and we encourage you to explore food with them. You can do pureed foods, introducing foods slowly, starting with less sweet foods and increasing the variety as they show interest, or you can explore “baby led weaning” where you introduce soft table foods and allow the baby to explore and self feed. It is important to not leave your baby unattended while feeding and use the straps in your high chair for safety.

Recent studies have shown that the younger we introduce more allergenic foods (such as peanut butter and eggs) to an infant, the less likely they are to develop severe allergies. “My Peanut” and “My Treenut” can be purchased online and is applesauce with ground peanut or treenut, basically a puree peanut exposure. Scrambled eggs is also a great food to introduce. Call our office if your baby has any reactions when starting these foods and it is helpful to have Benadryl on hand for these situations.

Teething often presents around this age although the presence of teeth have nothing to do with food readiness. Teething rings, gumming toys like “Sophie the Giraffe” and sometimes Motrin or Tylenol can help with teething discomfort.

This is a good time to think about starting to baby-proof your home. Your child is likely rolling around and unlikely to stay in the same spot you left them. Combined with their developing raking grasp and love of putting things in their mouth, they will discover many ways to put objects in their mouths. Lock your cleaning supplies and any other harmful household objects and keep the Poison Control number on display.

Expected development at this age includes briefly sitting, raking grasp, bringing feet to mouth, squealing and screeching and making some consonant sounds.

It is now okay to start giving infant ibuprofen (ask our office for correct dosing for your child). You can also use sunscreen for skin protection.

*NEXT CHECK-UP: 9 months*

*VACCINE(S): Hep B, Flu (if in Flu season)*