Bright Futures Parent Handout
6 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

Feeding Your Baby
- Most babies have doubled their birth weight.
- Your baby’s growth will slow down.
- If you are still breastfeeding, that’s great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula.
- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids
  - Opens mouth for the spoon.
  - Sits with support.
  - Good head and neck control.
  - Interest in foods you eat.

Starting New Foods
- Introduce new foods one at a time.
- Iron-fortified cereal
- Good sources of iron include
  - Red meat
- Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well.
  - Offer 1–2 tablespoons of solid food 2–3 times per day.
- Avoid feeding your baby too much by following the baby’s signs of fullness.
  - Leaning back
  - Turning away
- Do not force your baby to eat or finish foods.
  - Only give your baby very soft, small bites
  - Do not prop the bottle.
  - Have regular times for your baby to eat. Do not let him eat all day.

Healthy Teeth
- Many babies begin to cut teeth.
- Use a soft cloth or toothbrush to clean each tooth with water only as it comes in.
- Ask us about the need for fluoride.
- Do not give a bottle in bed.
- Do not leave the bottle.

Your Baby’s Development
- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes.

Crib/Playpen
- Put your baby to sleep on her back.
  - In a crib that meets current safety standards, with no drop-side rail and slats no more than 2 3/8 inches apart. Find more information on the Consumer Product Safety Commission Web site at www.cpsc.gov.
  - If your crib has a drop-side rail, keep it up and locked at all times. Contact the crib company to see if there is a device to keep the drop-side rail from falling down.
  - Keep soft objects and loose bedding such as comforters, pillows, bumper pads, and toys out of the crib.
  - Lower your baby’s mattress all the way.
  - If using a mesh playpen, make sure the openings are less than ¼ inch apart.

Safety
- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Don’t leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your water heater so the temperature at the faucet is 120°F or lower.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
- Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

What to Expect at Your Baby’s 9 Month Visit
We will talk about
- Disciplining your baby
- Introducing new foods and establishing a routine
- Helping your baby learn
- Introducing daytime toilet training
- Introducing new foods and establishing a routine
- Helping your baby learn
- Introducing daytime toilet training

Poison Help: 1-800-222-1222
Child safety seat inspection: 1-866-SEATCHECK; seatcheck.org

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